MBA: PART-TIME · EXECUTIVE

LUNCH & LEARN ON US.

HEAR ABOUT OPTIONS FOR WORKING PROFESSIONALS.

LUNCH & LEARN WEEK
APRIL: 24 | 25 | 26 | 27

BOSTON UNIVERSITY Boston University Questrom School of Business

REGISTER: bu.edu/MBAlunch

metro

BOSTON NO. 1 FREE DAILY IN THE US

Monday, April 9, 2018 metro.us | t: MetroBOS | f: MetroBoston

GETTY IMAGES

A long dry spell makes sex all the more difficult to enjoy in the future. 10

ALL IS NOT LOST

Celtics can still make a run in playoffs. 18

Celebrate national G&T day with these spins on the two-ingredient drink. 14

COMMUTE-ATHON

We have the information you need to plan your Marathon Monday travels. 6

ISTOCK

5 THINGS YOU NEED TO KNOW

WELCOME TO METRO BOSTON

MORGAN ROUSSEAU, MANAGING EDITOR

We all know how tricky it can be taking public transit during Boston's big events, and Marathon Monday is no exception. But we have your guide to MBTA service changes and tips on how to get where you're going next week without too much of a hassle. Read more inside and stay tuned for more coverage ahead of next week's big race at **metro.us.**

1 TRUMP PREDICTS CHINA CONCESSIONS AMID TENSION

President Donald Trump predicted on Sunday that China would take down its trade barriers, expressing optimism despite escalating trade tensions between the world's two largest economies that have roiled global markets in the past week. The two countries have threatened each other with tens of billions of dollars' worth of tariffs in recent days and Chinese officials have said this is not the time for negotiations. But Trump administration officials have stressed that the tariffs are not yet in place and the dispute could be resolved through talks. In a Twitter post on Sunday, Trump echoed this, saying, "China will take down its trade barriers because it is the right thing to do. Taxes will become reciprocal and a deal will be made on intellectual property." On Tuesday, Washington unveiled some $50 billion worth of proposed tariffs on Chinese imports and on Thursday Trump upped the ante, directing U.S. trade officials to identify tariffs on another $100 billion of Chinese imports. China's state media has sharply criticized the U.S., saying its trade protectionism actions will end in defeat. "If the U.S. says that it will pay any price, it must be firmly attacked," China's official Xinhua news agency said.

2 SENATOR SAYS FACEBOOK MAY NEED REGULATION

A Republican senator warned on Sunday that Facebook Inc may need to be regulated to address concerns about the company's privacy and foreign propaganda scandals, saying they may be "too big" for the social media company to solve alone. "My biggest worry with all this is that the privacy issue and what I call the propagandist issue are both too big for Facebook to fix, and that's the frightening part," Sen. John Kennedy said on CBS' "Face the Nation." Asked if lawmakers need to seek regulations on Facebook, Kennedy replied: "It may be the case." Facebook Chief Executive Mark Zuckerberg will appear before the Senate Commerce and Judiciary committees Tuesday to address questions about how his company handles its users' data. While some Democrats have suggested laws may be required to police Facebook's data practices or limit interference on its platform, Kennedy's openness is significant because Republicans generally support free-market principles and are loath to regulate U.S. companies. "I don't want to hurt Facebook. I don't want to regulate them half to death," Kennedy said. "But we have a problem. Our promised digital utopia has minefields in it."

3 FISHING FOR LEAVE TO PROTEST BREXIT DEAL

A fisherman throws gasoline onto a fishing boat that has been set alight as fishermen take part in a nationwide protest against the Brexit transition deal on Sunday in Whitstable, England. The group Fishing For Leave organized the protests with fishermen in ports nationwide, making their opposition known to the Brexit transition deal and in particular the Common Fisheries Policy. In a referendum held on June 23, 2016, the majority of the United Kingdom electorate voted to leave the European Union.

GETTY IMAGES

4 CHAOTIC MCGREGOR CASTS SHADOW OVER SPORT

After a series of plot twists befitting a Broadway production, the UFC had hoped to bring clarity to its disorderly lightweight division with Saturday's UFC 223 fight card in Brooklyn, but it will be overshadowed by one man not on it — Conor McGregor. The Irish fighter gate-crashed a media day on Thursday and caused chaos with his entourage when he attacked a bus ferrying fighters in the venue's loading bay, an assault that led to injuries to some of those aboard the vehicle. McGregor appeared in court in New York on Friday charged with assault and criminal mischief. Asked at a news conference on Friday whether he could foresee McGregor ever fighting in the UFC again, the organization's president Dana White said he was not sure. "This thing is so crazy. He is being arraigned right now and dealing with what he has to deal with. We're dealing with this fight," White said. "Next week I'm going to go home and figure out how this whole thing plays out," he added. "It's a very unique situation that we're in. It's never happened in nearly 20 years of doing this, so we'll see."

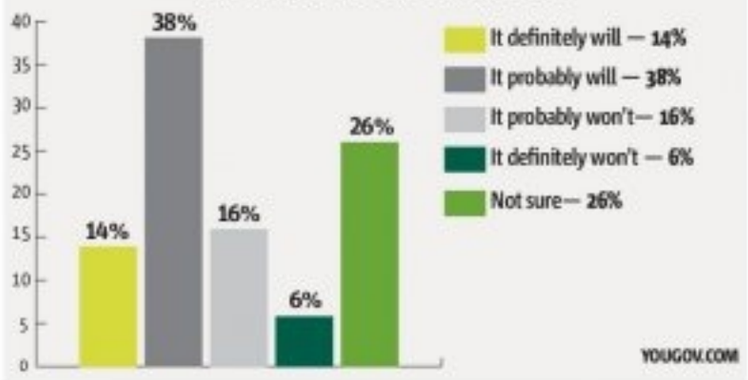
5 NORTH KOREA READY TO DISCUSS DENUCLEARIZATION

North Korea has told the U.S. for the first time that it is prepared to discuss the denuclearization of the Korean Peninsula when North Korean leader Kim Jong Un meets President Donald Trump, a U.S. official said on Sunday. U.S. and North Korean officials have held secret contacts recently in which Pyongyang directly confirmed its willingness to hold the unprecedented summit, the official told Reuters, speaking on condition of anonymity. The communications, still at a preliminary stage, have involved State Department officials talking to North Korea apparently through its United Nations mission, and intelligence officers from both sides using a separate backchannel, the official said. Until now, Washington had relied mostly on ally South Korea's assurance of Kim's intentions. South Korean envoys visited Washington last month to convey Kim's invitation to meet. Trump, who has exchanged bellicose threats with Kim in the past year, surprised the world by quickly agreeing to meet Kim to discuss the crisis over Pyongyang's development of nuclear weapons capable of hitting the United States.

STATS

LEGALIZE MEDICALLY ASSISTED SUICIDE?

Recently, Hawaii became the latest state to legalize medically assisted suicide, joining others such as California, Colorado, Oregon, Vermont and Washington. Do you think medically assisted suicide will be legal across the U.S. by 2050?



Now Hiring!

Join our CAST

Old Town Trolley Tours®

BOSTON, MASSACHUSETTS

POSITIONS AVAILABLE

- Mechanics
- Ticket Sales Representatives
- Tour Conductors

Job Fair
OPEN HOUSE
THIS FRIDAY!

380 Dorchester Avenue

Historic Tours of America® The Nations Storyteller

A division of HISTORIC TOURS *of* AMERICA®

HTAJOBS.COM • 617-269-7150

The iconic Walden Pond may not always look so pristine due to a growth in algae, spurred by swimmers peeing in the water. GETTY IMAGES

Swimmers peeing in Walden Pond is putting the iconic spot at risk

Researchers are asking people to stop urinating in Walden Pond after a new study showed the lake turning murky.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Walden Pond was a refuge for poet and naturalist Henry David Thoreau, a pristine and isolated piece of nature in Concord.

But the famous lake (yes, Walden Pond is actually a lake) is no longer a secret. About half a million people visit the state reservation each year, and those visitors' recreational practices and, ahem, restroom habits have been harming the water.

"More than half of the summer phosphorus budget of the lake may now be attributable to urine released by swimmers."

A new study published by PLOS One

Basically, so many people swimming and peeing in the pond is having some adverse effects.

Those findings come from a new study published in the journal PLOS One this week. Researchers from Paul Smith's College in Paul Smiths, New York, spearheaded by Dr. Jay Curt Stager, looked at how climate change and tourist activity have been altering the ecosystem of Walden Pond.

To embark on this study, researchers looked at sediments from the bottom of the lake that date as far back as 1,800 years.

Those samples contain the remains of algae that have been preserved in the sediment, allowing researchers to document how the growth of algae in the lake has changed over time.

The levels of phytoplankton, a type of microscopic algae, in Walden Pond have gone up since the 1920s, which is when the recreational shoreline of the lake was developed.

It's the sediments running into the water from the disturbed shorelines and footpaths, "along with human wastes associated with swimmers," that have led to that increase, because those things provide nutrients to the algae.

One nutrient, in particular, is phosphorus, and, according to the paper, "more than half of the summer phosphorus budget of the lake may now be attributable to urine released by swimmers."

More algae means that the water becomes clouded, and the iconic beautiful lake could become a murky, algae-filled mess. Plus, when the water is not as clear, the sun doesn't filter down through the lake, meaning plants, and the organisms that rely on them for food, die.

As our planet's climate changes, experts expect the water to get warmer, which also fuels the algae growth. And then, in a cycle, the warmer weather will drive more people to swim in the lake, adding more urine into the water, feeding the phytoplankton even more. Researchers suggest "swimmer-education programs" or a separate swimming pool nearby to help stave off some of those changes.

"The sediments of Walden Pond record major ecological changes to this iconic lake since the time of Thoreau," Stager said in a statement. "They also warn of more changes to come in a warming future."

1,800 YEARS

For the study, researchers looked at sediments from the bottom of the lake that date as far back as 1,800 years.

USA VEIN CLINICS™

HEALTHY VEINS
Mean Life is Back

SAY GOODBYE TO

- Varicose Veins
- Spider Veins
- Itching & Burning
- Leg Pain & Cramps
- Heaviness & Swelling
- Skin Discoloration
- Leg Ulcers
- Blood Clots
- Difficulty Standing

Call (617) 858-6870 Don't Suffer Another Day

I spent so long trying to limit time on my feet. I forgot how wonderful it is just to take a walk.

- Non-Surgical, Outpatient Procedure
- Usually Takes Only 15 Minutes
- Covered by **Medicare**, **Most Insurance Plans** and **Medicaid**

USA VEIN CLINICS™

1208B VFW Parkway, Ste 300, West Roxbury, MA 02132
280 Union Street, Ste 401, Lynn, MA 01902
800 West Cummings Park, Ste 2500, Woburn, MA 01801
855 Worcester Road, Ste 13, Framingham, MA 01701

© May, 2017 USA Vein Clinic®. All rights reserved.

Dell recommends Windows 10 Pro.

DELL

SMALL BUSINESS

BUY MORE SAVE MORE

GET UP TO

$525 OFF

LAST DAYS TO SAVE. SALE ENDS 4/11.

TOP SELLER

23"

Add the Dell 23 Monitor - P2317H for $199.99 ($60 in savings).

EXTRA $50 OFF

OptiPlex 3050 Tower

Starting price $955.71 | Save $336.71

$619

After coupon* **SAVE50**
As low as: $19/mo[Δ]

7th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 500GB* hard drive, 3 Years Hardware Service with On-Site Service After Remote Diagnosis*

Order code: S007O3050MTUS

15.6"

EXTRA $50 OFF

Vostro 15 5000

Starting price $1,027.14 | Save $358.14

$669

After coupon* **SAVE50**
As low as: $21/mo[Δ]

7th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 1TB* hard drive

Order code: CAV155W10P18S024

15.6"

$528 OFF

Latitude 5590

Starting price $1,427.14 | Save $528.14

$899

After coupon* **SAVE100**
As low as: $27/mo[Δ]

8th Gen Intel® Core™ i5 processor, Windows 10 Pro, 4GB memory*, 500GB* hard drive

Order code: S023L559015US

SMALL BUSINESS TECHNOLOGY ADVISORS. OUR US-BASED TEAM CAN HELP YOU CUSTOMIZE THE RIGHT PC AND SERVICE OPTIONS FOR YOUR BUSINESS.

Shop Dell.com/businessdeals or call 877-BUY-DELL

FREE SHIPPING | PRICE MATCH* | EASY FINANCING[Δ]

Windows 10 Pro

Built for business to save time, save money and safeguard your data.

Offers valid 4/9/2018 - 4/11/2018 unless otherwise noted.

[Δ]**Dell Business Credit:** Offered to business customers by WebBank, Member FDIC, who determines qualifications for and terms of credit. Taxes, shipping and other charges are extra and vary. Minimum monthly payments are the greater of $15 or 3% of the new balance shown on the monthly billing statement.

*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid only in Continental (except Alaska) U.S. Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Coupon Offers Valid through 4/12/18, 8 a.m. ET. SAVE50 coupon valid with select PCs $499+ and SAVE100 coupon valid with select PCs $999+. Valid with select other offers, but not with other coupons. Limit 5 per customer. Excludes: PowerEdge, PowerVault Servers, and select PCs. Price Match Guarantee: If you find a lower-price advertised on the internet for an identical electronic product or a similarly configured Dell, HP, Apple or Lenovo computer, Dell will match that price. Call or Chat online with a Dell Expert and we'll walk you through the process. Learn more at dell.com/sb/pricematch. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Onsite Service after Remote Diagnosis is determination by online/phone technician of cause of issue; may involve customer access to inside of system and multiple or extended sessions. If issue is covered by Limited Hardware Warranty and not resolved remotely, technician and/or part will be dispatched, usually within 1 business day following completion of Remote Diagnosis. Availability varies. See dell.com/servicecontracts/US. Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi, and Xeon Inside are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. Microsoft and Windows are trademarks of Microsoft Corporation in the U.S. and/or other countries. Screens simulated, subject to change. Windows Store apps sold separately. App availability and experience may vary by market. Dell, EMC, and other trademarks are trademarks of Dell Inc. or its subsidiaries. Copyright 2018 Dell Inc. All rights reserved. 243677

The MBTA's marathon schedule and specials have been announced

There will be some changes to the MBTA on April 16 to accommodate the Boston Marathon. WIKIMEDIA COMMONS

On Marathon Monday, some MBTA stations will be closed, but commuter rail riders have a chance at a special deal.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Marathon Monday is almost here, and in preparation for the influx of spectators — whether you want to be one of them or avoid them on your way to work — the MBTA has released special service information.

On Monday, April 16, Patriots' Day and the day of the 122nd Boston Marathon, the MBTA is offering special $20 all-day commuter rail passes for the Framingham/Worcester Line, which runs parallel to the race route.

That means you can partake in unlimited travel up and down the path of the marathon all day. You can buy these passes beginning Monday, April 9 through Sunday, April 15 from ticket offices at North, South and Back Bay Stations.

Tickets will still be available on Marathon Monday, but only onboard the Worcester Line trains. Tickets are also available on the mTicket app.

Copley Station will be closed all day on April 16 due to safety concerns, the MBTA said, and from around 10 a.m. to 6 p.m. that day, above-ground Green line stations at South Street (on the B branch), Kent Street and St. Mary's Street (both on the C branch) will be closed due to the marathon course.

GETTY IMAGES

For commuters who usually rely on Copley, the MBTA is encouraging them instead to use Arlington Station, which serves all Green line branches; Prudential Station, for the Green Line E branch; Hynes Convention Center Station for the B, C and D Green line trains; or Back Bay Station for the Orange line.

The Orange, Red, Blue and Silver lines will run on a regular weekday schedule with rush-hour service both before and after the marathon. Buses and trackless trolleys will be on a regular weekday schedule as well, but some bus routes will be detoured due to the marathon, mostly those in and around Copley Square.

All commuter rail lines will also operate a regular weekday schedule, and additional trains will be deployed on the Framingham/Worcester line to support marathon spectators.

Some of those Framingham/Worcester line trains will make additional stops at Boston Landing Station on April 16: Inboard at 11:52 a.m. and 1:22 p.m. and outbound at 10:30 a.m., 12:10 p.m. and 2:15 p.m.

The MBTA is reminding customers that bicycles are prohibited onboard all MBTA vehicles for the entire day on April 16, and that backpacks, coolers, cans, bottles and other large items are not permitted at the marathon.

Commuters can subscribe to T-Alerts, follow @MBTA on Twitter and visit mbta.com/destinations/boston-marathon for more information.

BOSTON'S LEADING PERSONAL INJURY & WORKERS' COMPENSATION LAW FIRM

A TRADITION OF WINNING & A HISTORY OF SUCCESS

$9,020,000 Medical Malpractice
$3,800,000 Motorcycle Accident
$3,250,000 Car Accident
$2,500,000 Bike Accident
$1,500,000 Workers' Compensation
$750,000 Slip & Fall

At the Law Offices of Jeffrey S. Glassman, we are devoted to seeking the maximum recovery for every one of our clients.

- No Attorney Fee Unless Successful
- Free Office Consultations
- On Call 24/7

JSG LAW OFFICES OF JEFFREY S. GLASSMAN LLC
PERSONAL INJURY & DISABILITY LAWYERS

We Will Travel To You!

617-367-2900 | Call Us For A Free Consultation

The settlements shown are only a sample of cases represented by our office. Each case is different and the amount of a potential resolution of your case will vary considerably depending on numerous factors.

Jeffrey S. Glassman
Attorney

Trump says 'big price to pay' for Syria chemical attack

Russia, Syria's most powerful ally, called reports of the attack fake.

President Donald Trump said on Sunday there would be a "big price to pay" after medical aid groups reported dozens of people were killed by poison gas in a besieged rebel-held town in Syria.

As international officials worked to try to confirm the chemical attack which happened late on Saturday in the town of Douma, Trump took the rare step of directly criticizing Russian President Vladimir Putin in connection with the incident.

The Syrian state denied government forces had launched any chemical attack.

Trump threatened action, although it was unclear what he had in mind. Last year, he authorized a cruise missile strike on a Syrian airbase days after a sarin gas attack on civilians.

Last year, one factor in Trump's decision to bomb Syria was televised images of the human devastation. ALL PHOTOS GETTY IMAGES

"Many dead, including women and children, in mindless CHEMICAL attack in Syria. Area of atrocity is in lockdown and encircled by Syrian Army, making it completely inaccessible to outside world. President Putin, Russia and Iran are responsible for backing Animal Assad. Big price to pay," Trump wrote on Twitter.

The Russian Foreign Ministry warned against military action on the basis of "invented and fabricated excuses."

A joint statement by the medical relief organization Syrian American Medical Society (SAMS) and the civil defense service, which operates in rebel-held areas, said 49 people died in the attack.

A European diplomat said Western allies would work on building a dossier based on photos, videos, witness testimony and satellite images of Syrian flights and helicopters.

The United Nations Security Council will meet twice on Monday following rival requests by Russia and the United States.

U.N. war crimes investigators had previously documented 33 chemical attacks in Syria, attributing 27 to the Assad government, which has denied using the weapons.

Russia has blocked efforts to hold Syria accountable at the U.N. REUTERS

49
People
An analysis of the recent chemical attack in Syria found that 49 people had been killed in the attack.

Officials were working on Sunday to verify details of the Syria chemical attack that reportedly killed at least 49 people.

UN Security Council to meet twice on Monday after Syria attack

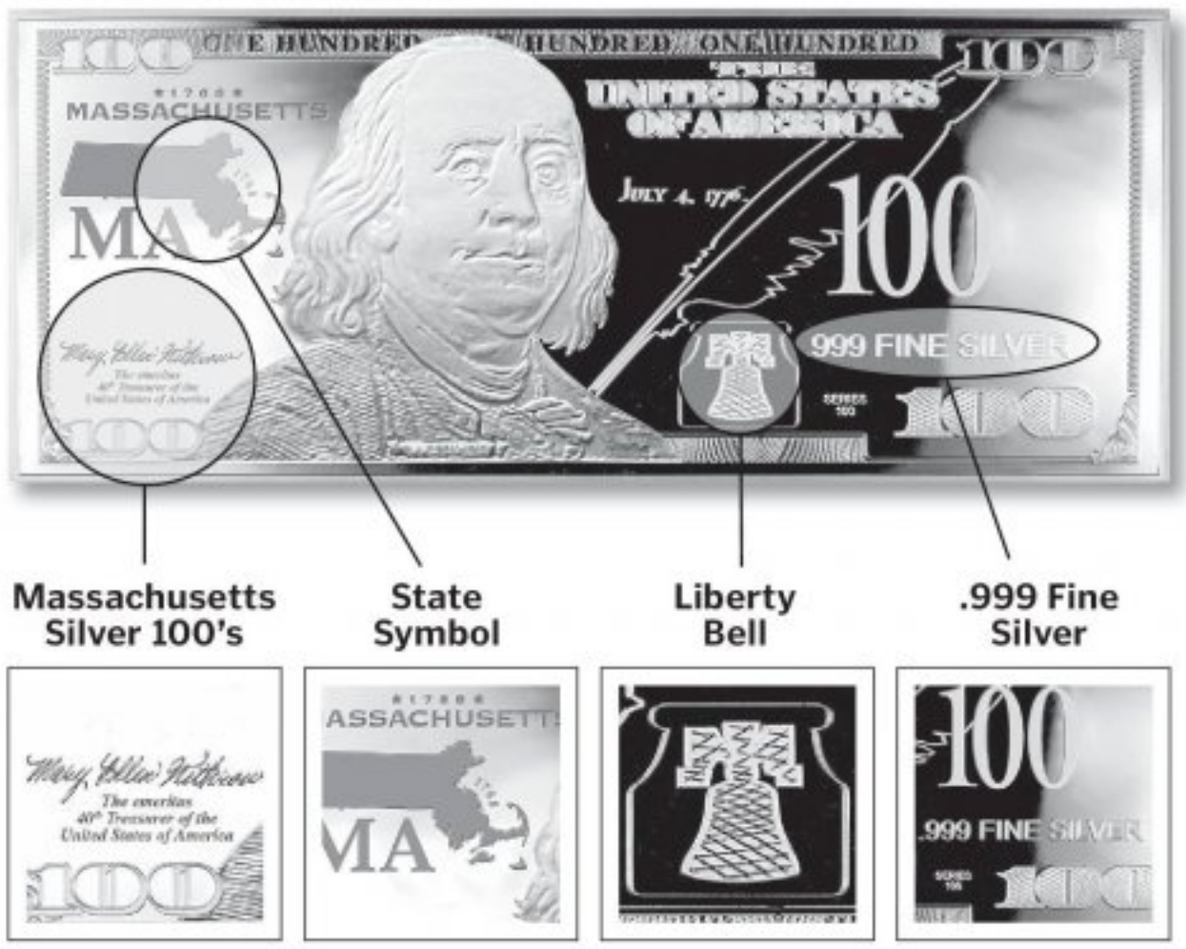
The United Nations Security Council will meet twice on Monday following rival requests by Russia and the U.S. after a deadly chemical attack in Syria and a warning by President Donald Trump that there would be a "big price to pay."

Russia called for a meeting of the 15-member council on "international threats to peace and security," diplomats said on Sunday.

A minute later, the U.S., France, Britain, Sweden, Poland, the Netherlands, Kuwait, Peru and Ivory Coast called for a meeting to discuss the chemical weapons attack in Syria.

"The Security Council has to come together and demand immediate access for first responders, support an independent investigation into what happened, and hold accountable those responsible for this atrocious act," U.S. Ambassador to the U.N. Nikki Haley said in a statement on Sunday.

Haley warned last month that if the U.N. Security Council fails to act on Syria, Washington "remains prepared to act if we must," just as it did last year when it bombed a Syrian government air base over a deadly chemical weapons attack. REUTERS



New Massachusetts State Silver 100's to go quick

Bay Staters get 48 hours to snap them up at just state minimum

Massachusetts – The phone lines are ringing off the hook.

"It's like a modern day 'Gold Rush'," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"Everyone wants to get their hands on the first and only Massachusetts State Silver 100's now being handed over to Massachusetts residents at just the state minimum set by the private Federated Mint before they're all gone," Withrow said.

"But don't bother calling local banks and credit unions because they can't even get their hands on these never before seen Massachusetts State Silver 100's," Withrow said.

That's because these valuable, proof finish Massachusetts State Silver 100's are not being released and minted by the U.S. Gov't. That's right; they're being released directly to the first 17,544 Massachusetts residents who beat the 48 hour order deadline exclusively from the vaults of the private Federated Mint.

"But you better hurry because these full one ounce Massachusetts State Silver 100's are struck in high relief .999 solid silver proof finish and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they're all gone," Withrow said.

"As Executive Advisor to the Federated Mint I get paid to deliver breaking news. So if you're a resident of the state of Massachusetts you better call 1-866-637-3509 Ext.FMP774 right away because only the first 17,544 callers are guaranteed to get these valuable Massachusetts State Silver 100's at just the $99 state minimum set by the Federated Mint," Withrow said.

"Here's my advice. Don't wait to call. Pick up the phone right now and get as many of the new Massachusetts State Silver 100's as you can before they're all gone," said Withrow. ■

New Massachusetts State Silver 100's handed over to state residents

Massachusetts residents who find their zip code listed at right and are among the first 17,544 callers who beat the 48 hour order deadline are guaranteed to get the first and only Massachusetts State Silver 100's at just the state minimum set for Massachusetts residents

NON-STATE RESIDENTS Residents living outside the state of Massachusetts must pay double the state minimum for the Massachusetts State Silver 100's

Massachusetts – The vaults at the Federated Mint are nearly empty.

"We can barely keep up with all the orders," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

That's because the first and only Massachusetts State Silver 100's in existence are actually being handed over at just the state minimum set by the private Federated Mint to the first 17,544 Massachusetts residents who find their zip code printed in today's publication.

The only thing residents need to do is call the Toll Free Hotlines before the 48 hour order deadline ends.

Everyone who does is getting individual Massachusetts State Silver 100's at just the state minimum of $99 set by the Federated Mint. That's why everyone should be taking full Vault Stacks (pictured in the bottom right hand corner of today's newspaper) each loaded with three Massachusetts State Silver 100's before they're all gone.

And here's the best part. Massachusetts residents lucky enough to be among the first callers to claim the entire 50 State Silver 100's Collection™, pictured bottom left, are also getting 20 State Silver 100's absolutely free.

"I'm advising everyone in Massachusetts who finds

(Continued on next page)

■ **MASSACHUSETTS RESIDENTS GET 20 STATE SILVER 100'S FREE:** Pictured above is the never before seen entire 50 State Silver 100's Collection™ shown off by officials from the Federated Mint that everyone is trying to get. Lucky Massachusetts residents who are among the first 17,544 callers who beat the 48 hour order deadline to claim the 50 State Silver 100's Collection are actually getting 20 State Silver 100's absolutely free, the custom made State Treasury Display Chest is $285, but it's absolutely free for Massachusetts residents plus free shipping and free handling too. That means Massachusetts residents cover just the $99 state minimum set by the Federated Mint for the remaining 30 State Silver 100's which is a real steal because it's saving every Massachusetts resident over two thousand dollars today.

(Continued from previous page)

their zip code on today's Distribution List to get to their phones right now because the new Massachusetts State Silver 100's are only being released to the first 17,544 callers," Withrow said.

Remember, this is not legal tender paper money issued by the U.S. Gov't. These historic Massachusetts State Silver 100's are a magnificent adaptation of the United States Treasury's one hundred dollar Federal Reserve Note. They are the first and only Massachusetts State Silver 100's struck in high relief .999 solid silver proof finishes released exclusively from the vaults of the private Federated Mint.

Just imagine how thrilled your children and grandchildren will be when you give them one of these impressive collections for their birthday, Christmas or any special occasion. Just be absolutely sure to keep the new .999 solid silver one ounce Massachusetts State Silver 100's and numbered certificates of authenticity inside the protective Vault Cases.

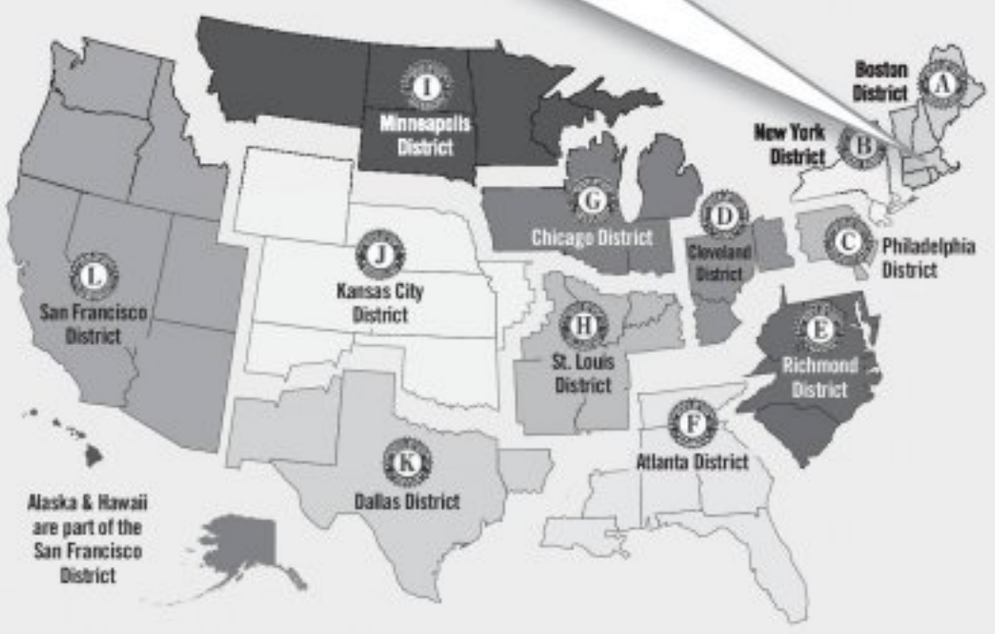
These stunning Vault Cases are custom made to hold, secure and protect both the Massachusetts State Silver 100's and the numbered certificates of authenticity in a heavy-duty transparent Vault Case that allows the valuable Massachusetts State Silver 100's to be viewed without ever being touched by human hands, thus preserving their valuable collector condition.

"We're bracing for all the calls and doing everything we can to make sure no one gets left out. So if lines are busy keep trying, all calls will be answered," said Withrow. ■

BAY STATERS CALL: 1-866-637-3509 and use EXT. FMP774 if your zip code appears below

01742	01890	02048	02116	02132	02151	02215	02452
01760	01902	02056	02118	02134	02152	02301	02453
01773	01905	02062	02119	02135	02155	02302	02465
01801	01906	02067	02120	02136	02169	02324	02466
01803	01907	02072	02121	02138	02170	02338	02467
01810	01915	02081	02122	02139	02171	02346	02468
01830	01923	02090	02124	02140	02176	02351	02472
01835	01960	02108	02125	02141	02180	02364	02474
01840	01970	02109	02126	02143	02184	02368	02478
01843	01982	02110	02127	02144	02186	02382	02481
01844	02021	02111	02128	02145	02188	02420	02482
01867	02026	02113	02129	02148	02189	02445	02492
01880	02038	02114	02130	02149	02199	02446	02494
01887	02043	02115	02131	02150	02210	02451	02703

The Toll Free Hotlines open at precisely 8:30am this morning for Massachusetts residents only. If lines are busy keep trying, all calls will be answered. If you miss the deadline you'll be turned away from this offer and forced to wait for future announcements in this publication or others, if any.



The first 17,544 Massachusetts residents who find their zip code on today's Distribution List above and call before the 48 hour deadline ends are authorized to get individual Massachusetts State Silver 100's at just the state minimum of $99 set by the Federated Mint. That's why everyone should be taking full Vault Stacks each loaded with three Massachusetts State Silver 100's before they're all gone. And here's the best part. Every Massachusetts resident who gets at least two Vault Stacks is also getting free shipping and free handling too. That's a real steal because non-state residents must pay over six hundred dollars for each Vault Stack. All U.S. residents living outside of the state of Massachusetts must pay one hundred ninety-eight dollars for the Massachusetts State Silver 100's.

FEDERATED MINT, LLC IS NOT AFFILIATED WITH THE U.S. GOVERNMENT, A BANK OR ANY GOVERNMENT AGENCY. IF FOR ANY REASON WITHIN 30 DAYS FROM SHIPMENT YOU ARE DISSATISFIED, RETURN THE PRODUCT FOR A REFUND LESS SHIPPING AND RETURN POSTAGE. PRICES IN THE WORLD GOLD AND SILVER MARKET ALWAYS FLUCTUATE AND ARE NEVER GUARANTEED. THE STATE SILVER 100'S ARE HIGHLY COLLECTIBLE AND NOT OFFERED FOR INVESTMENT PURPOSES. THIS SAME OFFER MAY BE MADE AVAILABLE AT A LATER DATE OR IN A DIFFERENT GEOGRAPHIC LOCATION. FEDERATED MINT 7600 SUPREME AVE. NW, NORTH CANTON, OH 44720 ©2018 FEDERATED MINT. P7118A OF20393R-1

■ **WHAT EVERYONE WANTS:** Pictured left reveals for the very first time the valuable Massachusetts State Silver 100's struck in high relief .999 pure fine silver loaded inside each Vault Stack. Pictured right are the Vault Stacks containing three of the only Massachusetts State Silver 100's known to exist. Residents who find their zip code listed above are authorized to get individual Massachusetts State Silver 100's at just $99 state resident minimum set by the Federated Mint. That's why everyone should be taking full Vault Stacks each loaded with three Massachusetts State Silver 100's before they're all gone. And here's the best part. Every Massachusetts resident who gets at least two Vault Stacks is also getting free shipping and free handling too. That's a real steal because all non-state residents must pay over six hundred dollars for each Vault Stack.

ALL PHOTOS ISTOCK

The more sex the better...for your health

Dry spells can lead to pain when you jump back into the game.

JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

Women take a break from sex for myriad reasons — they may be without a partner, experiencing menopause or other changes to their bodies, or they're just plain uninterested.

But unfortunately, if you're sexually inactive for a spell, your body may serve up some unpleasant surprises when you get that particular groove back.

Metro spoke with Dr. Barb DePree, MD, OB/GYN at Lakeshore Health Partners in Holland, Michigan, to learn more about the hazards of going from sex-less to sex-yes.

"Let me tell you about a patient I saw last week," said DePree. "She's in a 'nearly sexless' marriage in which she and her husband are intimate about once every six to 12 months, and this has been going on for years. She was diagnosed with fibromyalgia and rheumatoid arthritis, and hurts somewhat every day. Medications affect her sexual desire and ability to orgasm. She became menopausal about five years ago, and as a result of inactivity in the bedroom she now has vaginal atrophy — and intercourse is painful. As you can imagine she has huge obstacles to enjoying sex now, as infrequently as it occurs."

Why do you think women go through sexless phases more often than men?
Women naturally lose desire as they age and transition through menopause. They experience remarkable hormonal changes, which can impact sex, both in terms of comfort and desire. For women, sex is much more cerebral and less a physical response, so when life gets in the way — aging parents, struggling kids, job challenges, financial insecurity, weight gain — sex becomes more and more challenging.

What constitutes a sexless phase?
Any time there is a disruptive discrepancy in sexual activity in a relationship, be it weeks, months or years.

"For women, sex is much more cerebral and less a physical response, so when life gets in the way... sex becomes more and more challenging."

What does a sexless phase do to a woman's health?
That depends — what's led to the sexless phase? Infidelity? Pain during intercourse? Trauma?

Those things considered, more sex makes sex more comfortable. This is especially true for postmenopausal women.

How can women combat a sexless phase?
Try to understand what led there, and address the stress or health condition, and make sex comfortable again with proper treatment of underlying medical conditions. Engage in mindfulness.

Menopausal? Compensate for lowered hormones by taking care of yourself. Vaginal dryness? Use lubricants during intimacy or regularly use a vaginal moisturizer to keep those tissues in shape and responsive. Some over-the-counter products I recommend to patients are Replens Silky Smooth as a lubricant and Replens as an effective vaginal moisturizer. Vaginal dilators can help with elasticity.

Is this mind over matter?
Usually it's more than that, apparent from that patient I saw last week.

What are your top tips for enjoying sex again after a dry-spell?
Communicate, play, introduce novelty into the bedroom by way of a toy. If a woman is menopausal, she needs the same things any woman would need in order to enjoy sex. Mindfully create and reinforce a real connection, and enjoy.

Your body goes through natural ebbs and flows, but practice and a few products may keep your body ready once you're feeling it again.

Healthy comfort food that actually tastes good

Just because it's delicious doesn't mean you should feel guilty about eating it.

LUCY E. COUSINS
letters@metro.us

If you can't face another lettuce leaf or kale chip,but still want to eat healthfully, then we have three recipes you'll love. We asked chef Dan Churchill to share his three favorite comfort-food recipes that are actually good for you.

Chef Dan Churchill

SUPEREASY LEAN TURKEY CHILI

The spices in this recipe work on the immune system, especially the turmeric. Plus, it tastes amazing.

Ingredients
3 tbsp EVOO
1 onion, finely chopped
1 carrot, finely chopped
1 stalk celery, finely chopped
3 garlic cloves, finely chopped
1 lb turkey, ground
1 tsp dried chili peppers
1 tbsp cumin, ground
1 tbsp coriander, ground
1 tbsp paprika
2 tsp oregano
Pinch of S&P
2 cups chicken stock
1 can black beans
1 can whole tomatoes
⅓ cup apple cider vinegar
1 cup brown long grain rice
2 tsp turmeric, ground
Bunch of cilantro

Method
1. Add oil to stock in a large pot on medium heat and caramelize your onion, carrot, celery and garlic for 7-9 minutes.
2. Stir in your ground turkey.
3. Add all your spices — except the turmeric. Pour in your black beans, tomatoes, stock and vinegar.
4. Cover and bring to a boil before turning heat to low and leaving to simmer for 30-40 min.
5. In a medium pot combine your rice with 2½ cups of water and the turmeric. Cover, bring to a boil and allow to simmer for 15 minutes or until rice is fluffy.
6. Chop up 3 stalks of the cilantro, including both roots and leaves, and stirring into your pot. Season with more salt and pepper and vinegar if need be.
7. Serve chili on turmeric rice with a dollop of yogurt.

SATAY BEEF SHORT RIB

This is a low-carb dinner option that's full of protein and immune-boosting coconut milk. The good fats in the coconut milk and peanuts also work to promote fat loss — yay!

Ingredients
1 tbsp grapeseed oil
2 short rib pieces (bone-on or -off)
30 oz beef stock

Satay sauce
1½ tbsp peanut butter
½ cup coconut cream
Tamari/soy sauce
2 tsp cumin
1 tbsp turmeric
1 tbsp banana
Juice of half a lemon
Greens of your choice

Method
1. In a large pot on medium-high heat, toss in your oil and sear the short ribs on each side for 3-4 minutes or until caramelized, then remove to a plate.
2. Deglaze the pot with ½ cup of the beef stock, scraping the bottom to get out all that meaty flavor (take advantage of all that goodness).
3. Add remaining stock to the pan, along with the short ribs, and turn heat to high. Bring to a boil. Then turn the heat to low, cover with a lid and cook for 6-8 hours. Set aside, or put in fridge for future use.
4. For the sauce, combine ingredients until smooth, then add to a frypan on low heat to reduce to a thick sauce
5. Add in the greens of your choice and to serve! Place your short ribs in a bowl before pouring the sauce. Put the greens on top.

VANILLA CHAI TAHINI OATMEAL

The spices alone in this recipe offer a load of antioxidants to fight off free radicals and boost your immune system.

Ingredients
½ cup oats
1 tsp coconut oil (optional)
½ tsp cloves, ground
1 tsp cinnamon, ground
½ tsp cardamom, ground
Pinch of salt
2 tsp tahini
2 tsp honey
½ tsp vanilla extract
1 tsp chia seeds
½ cup almond milk
1 tbsp low-sugar raspberry jam
Sprinkle of spiced pecans

Method
1. Combine oats with ½ a cup of water in a pot on medium heat, cover and bring to a
boil before stirring until all water is absorbed.
2. Fold in your coconut oil cloves, cinnamon, cardamom, salt and chia seeds along with almond milk. Drizzle in half. your tahini,
honey and vanilla
3. Pour into a bowl and top with the remaining honey, tahini, jam and crunchy pecans.

BILL BLUMENREICH PRESENTS

THE WILBUR
BOSTON
FOR TICKETS AND INFO VISIT THEWILBUR.COM

DAVID FOSTER
APRIL 11

BUCKETHEAD
APRIL 12

ROY WOOD JR
APRIL 13

MICHAEL CARBONARO
APRIL 14

RODRIGUEZ
APRIL 15
JENNA & BARBARA BUSH
APRIL 16

FESTIVAL OF PRAISE
APRIL 17
DEVON ALLMAN PROJECT
APRIL 18

TODRICK HALL
APRIL 22
DWEEZIL ZAPPA
APRIL 25
NEMR
MAY 5

DARK STAR ORCHESTRA
MAY 10
LIL REL HOWERY
MAY 12

CHEVALIER
MEDFORD SQUARE
FOR TICKETS AND INFO VISIT CHEVALIERTHEATRE.COM

DANIEL TIGER'S NEIGHBORHOOD LIVE:
APRIL 17

THE WEEPIES
APRIL 19

WANDA SYKES
APRIL 20

TIG NOTARO
APRIL 21

EASTON CORBIN
APR 22
DREW HOLCOMB & JOSH GARRELS
APR 25

ABBA THE CONCERT
MAY 2
ALI WONG
MAY 4-5

GLADYS KNIGHT
MAY 13
MARLON WAYANS
MAY 19

CHRIS BOTTI
JUNE 1
JOEL MCHALE
JUNE 22

WE CAN HELP PAY YOUR HEATING BILLS!

You may qualify for **ABCD's Fuel Assistance Program** and be eligible for as much as **$1,400** towards your heating costs (oil, gas, or electric).

Maximum benefit is $1,400

Household of 1 = $34,380
Household of 2 = $44,958
Household of 3 = $55,537
Household of 4 = $66,115

Deadline to apply extended to April 30th, 2018

APPLY TODAY

Residents of **Boston, Brookline, and Newton:**
178 Tremont Street, Boston, MA - 617.357.6012

Residents of **Malden, Medford, Everett, Melrose, Stoneham, Winchester, and Woburn:**
18 Dartmouth Street, Malden, MA - 781.322.6284

abcd Action for Boston Community Development
bostonabcd.org

Symphony Plaza

333 and 334 Massachusetts Ave, Boston, MA 02115
Phone Number: (617) 266-9778 • Fax: (617) 266-6448

Symphony Plaza is re-opening the waitlist for 1 and 2 bedroom apartments. **Applications will be available beginning at 9:00a on Wednesday, April 11, 2018 through April 16, 2018 at 5:00pm.**

Applications can be picked up at the security desk in the lobby of both buildings from 8:00 a.m. until 9 p.m. every day of the week (including Saturdays and Sundays). You may also request to have an application mailed to you by calling the office at 617-266-9778, TTY/TDD: 711 or email symphonyplazainfo@schochet.com.

Household Maximum Income Limits

Household Size	Annual Household Income
1 Person	$37,750
2 Person	$43,150
3 Person	$48,550
4 Person	$53,900
5 Person	$58,250

Applications may be returned by USPS mail, fax or hand-delivered to the office by April 20, 2018 by 3PM. This is the final deadline for taking applications for the lottery. Completed applications can be placed in a secured drop box located outside the Security Office at 333 Massachusetts Ave, Boston, MA 02115. Mailed applications must be postmarked by **April 20, 2018 by 3PM**. Position on the waitlist will be determined by lottery. The timing of an application submission will have no bearing on its placement on the Symphony Plaza wait list.

The lottery selection will be held on **May 4, 2018 at 11:00 AM** in the A Level Community Room at 334 Massachusetts Avenue, Boston, MA 02115. You do not need to be in attendance for the selection process since you will be notified of your position on the waiting list.

For more information or reasonable accommodations for applicants with disabilities, call The Schochet Companies at 617-482-8925.

Equal Housing Opportunity

Symphony Plaza and Federal Management Co., Inc. do not discriminate on the basis of race, color, disability, religion, sex, national origin, sexual orientation, and familial status, and marital status, legal source of income, gender identity, ancestry, genetic information, or children in the access or admission to its programs or employment or in its programs, activities, functions or services.

How young is too young for a mug of joe? ISTOCK

Kids and coffee: The true price of caffeine

The go-to staple of most teens could have long-lasting effects.

LUCY E. COUSINS
letters@metro.us

If you've ever been to Starbucks on a school day, you'll have had to push past groups of anxious teenagers standing between you and your brew.

And while it wasn't that long ago that American kids would rather down a strawberry milkshake than a Grande Flat White (with a whopping 220 calories and 17 grams of sugar), now a morning, midday and afternoon coffee is almost guaranteed.

However, it's not just coffee that's the culprit. Caffeine can be found in energy drinks, tea, chocolate and some soft drinks. So it's not surprising that a recent U.S. study reported that 73% of children consumed caffeine at some point – mainly from cola beverages and chocolate.

"When it comes to teens and younger children, consuming concentrated amounts of caffeine is likely to result in poor sleep, restlessness and an inability to concentrate," explains dietician Susie Burrell. "And some experience a 'down,' a low-energy point, about 40 minutes after consuming an energy drink. One that could affect mood and performance."

In younger children, any level of caffeine has been proven to affect mood swings, increase blood pressure, slow heart rates, encourage behavioral problems and sleep disruptions (including bed wetting).

And it's not just these side effects that are making parents sit up and take action. The deadly affects of caffeine were sadly highlighted last year when a 16-year-old teen, from South Carolina, died of heart failure after he drank a latte, a soft drink and an energy drink.

So how much caffeine is safe for children and teenagers to consume on a day-to-day basis?

For adolescents, the American Academy of Pediatrics recommends a daily maximum of 100 mg, which is roughly equal to what's contained in a can of cola (34 mg) and a chocolate bar (20-60mg), and when it comes to children, they suggest a zero caffeine-intake in kids under 12.

Not surprisingly, it's recommended that parents watch the caffeine intake of their children and teenagers, taking special notice of highly caffeinated coffees and expensive energy drinks, which dietitian Susie Burrell believes should be avoided all together by adults and children.

Much ado about matcha

The story behind the green stuff that's replacing your morning latte. ALL PHOTOS ISTOCK

What's with this coffee shop trend?

ALEXANDRA CAVALLO
letters@metro.us

If you've left the house at least once in the past few years, chances are you've noticed that people are into matcha. Like, really into it.

The Japanese tea was once reserved for those in the know, who would seek out the strong, bright green beverage in traditional Japanese and Chinese restaurants.

These days, however, it seems you can't walk a block without encountering shops dedicated to the stuff. From matcha lattes to matcha ice cream—and even matcha beauty products—the obsession with matcha tea doesn't seem to be going away any time soon. But why? What the heck is matcha anyway, and why are people so hyped on it? Here are five things you need to know about matcha so you don't sound like a total noob next time someone invites you out for quick matcha date.

1. Matcha tea is green, but it's not to be confused with green tea. Green tea, and other teas like it, is made by steeping the tea leaves in hot water—then those leaves are discarded. Matcha tea is made by grinding the tea leaves into a very fine powder, which is then dissolved into the hot water. So you're actually drinking the leaves.

2. It contains more caffeine than other teas. Like, way more. Because of the aforementioned process, matcha is far more potent than other teas and the caffeine is more concentrated. A cup of matcha tea can contain three times more caffeine than a cup of, say, Earl Grey.

3. Matcha can make you smarter. OK, not literally, but matcha does contain high levels of an amino acid called L-theanine, which is known to have positive effects on the mind.

4. Matcha can make you healthier. This is absolutely accurate, as matcha also contains a whole passel of antioxidants, some of which have been shown to have ultra-positive effects on the body, including helping to fight cancer and heart disease—and combat the aging process.

5. Not all matcha tea is created equal. There are different varieties and grades of matcha tea, and some are higher quality than others. Ceremonial grade is the best matcha you can get, and is meant, as the name suggests, to be consumed in a traditional Japanese tea ceremony. (There are places in New York, and other cities, where you can participate in one.)

metro Sweepstakes
Enter today, win tomorrow!
Enter for a chance to win a trip for 4 to
Boca Raton, Florida!
A $2,964 VALUE
Sign up at metro.us/winstuff
for a chance to win:
• Five (5) nights' accommodations at Waterstone Resort and Marina
• Admission for four (4) to the Museum of Discovery and Science
• Round-trip coach class air transportation for four (4) to Fort Lauderdale, Florida
• A six-day full-size car rental.
VISITFLORIDA
WATERSTONE
RESORT & MARINA
Enter today, win tomorrow!
metro.us/winstuff

Realize Your Dream

Habitat for Humanity Greater Boston

Build a place to call HOME

We're building homes in Dorchester!

Call or email today to apply for the Habitat Homeownership Program!

617-423-2223 • habitatboston.org
familyselection@habitatboston.org

Info Session **Thursday 4/19/18, 6pm**
at the Habitat ReStore
1580 VFW Parkway, West Roxbury

DONATE YOUR CAR

Wheels For Wishes Benefiting

Make-A-Wish® Massachussetts and Rhode Island

*Free Vehicle Pickup ANYWHERE
*We Accept All Vehicles Running or Not
*We also accept Trucks, RVs, SUVs & Boats
*Fully Tax Deductible

WheelsForWishes.org
Call: (617) 701-7647

* Wheels For Wishes is a DBA of Car Donation Foundation.

The Holistic Center

Qualifying for your Medical Marijuana Card still makes sense!

Medical Marijuana is used to treat the following conditions:
• HIV/AIDS • Glaucoma • ALS • MS • Hepatitis C • Parkinson's • Crohn's • Cancer and any other condition our doctor recommends.

WITH A MEDICAL CARD YOU SAVE YOUR MONEY AND YOUR HEALTH:

You get your medicine TAX-FREE - You will pay a 20% tax for Recreational.
You receive several DISCOUNTS - NONE with Recreational

- Dispensaries currently provide a 10% discount if you are a MassHealth recipient
- Workman's Comp Insurance may pay depending on your claim
- You may be exempt from any future taxes if you continuously maintain your patient registration;
- You may choose from a greater VARIETY, TYPE and STRENGTH of CBD and THC strains;

MEDICAL IS AVAILABLE NOW
- Recreational not until July 2018.

320 Washington Street Suite 300, Brighton Center
617-787-7400
THCevaluation.com

HAITIAN AND SPANISH SPOKEN CALL 754-224-6143 FOR INFORMATION

Celebrate National Gin & Tonic Day

What better way to turn a Monday around?

JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

Today is National Gin & Tonic Day, and though we probably have climate change to blame for it not falling on a sunnier, warmer one, at least we now have an excuse for happy hour ASAP.

The cocktail has a medical discovery back in the 1700s to thank for its origin — quinine, which is a bitter, crystalline compound found in tonic water — works as a kinda-sorta effective anti-malarial. When that reveal was made to British soldiers, who were staking down flags in every corner of the world (particularly in a few literally hot malaria spots), worked out that the bitter taste of quinine was overcome with a slug of gin, and the G&T came to be.

Today's tonic water contains far less quinine, and a bit more sugar, but it still is the ideal companion to the liquor derived from juniper berries and enjoyed since the Middle Ages.

So whether you chose to make love to your tonic and gin, a la "Piano Man," sip one with a pal or drown the sorrows of the day with a few fancy takes on the classic cocktail at home, we've got you covered with four spins on the drink whose name maybe does say it all, but can still be improved with a little pomp and circumstance.

Tally ho.

Tot & Tonic
1.5 oz Perry's Tot Navy Strength Gin
Tonic water
Method: Add Perry's Tot Navy Strength Gin to Collins glass and fill with ice. Top with chilled tonic water. Garnish with a lime wedge and serve with a straw.
Glass: Collins glass
Garnish: Lime wedge
Booze: Made by New York Distilling Co., and clocking in at 57% ABV, sip up some Brooklyn with this refreshing, straight-up G&T. "Navy Strength"? Try Navy SEAL strength after two.

Portobello Road Gin and Tonic
2 oz of Portobello Road Gin
Fill with Fever Tree Mediterranean Tonic Water
Method: Build in glass
Glass: Copa
Garnish: Grapefruit twist, basil leaf, juniper berries and coriander seed from a pepper grinder.
Ice: Lots of cubes
Booze: This London Dry Gin lends itself to strong citrus, hence the grapefruit that brings it all together and leaves it standing in a different league from your typical well-G&T-with-a-sad-lime-wedge from your local dive bar.

ISTOCK

Four Pillars Gin and Tonic
1.5 oz Four Pillars Rare Dry Gin
3 oz of tonic water
Fresh Orange
Method: Add ice and gin to a short glass, top with tonic water, garnish with citrus.
Garnish: Different gins work best with different garnishes — try fresh orange with Rare Dry, kaffir lime leaf and fresh ginger with Navy Strength Gin, and tangelo with Bloody Shiraz Gin.
Booze: We went Down Under for this classic gin, hence our decision to go for Australasian garnishes.

Hot Gin & Tonic
1 1/2 oz Brooklyn Gin
1/4 oz TomR's Tonic syrup
1/2 oz Salers Aperitif
1/2 oz Amaretto Disaronna
Lemon wedge with clove and cinnamon
Method: Combine Brooklyn Gin, TomR's Tonic syrup in a mug. Stir well and top with boiling water. Garnish with a Lemon wedge, clove and cinnamon.
Glass: Glass mug
Garnish: Lemon wedge, clove and cinnamon
Booze: Your drinking buds may balk at the thought of a hot gin drink, but give it a chance. Especially as Mother Nature isn't serving up a summery spring just yet.

Dunkin' Donuts is testing out a new snacking menu. PROVIDED

Where to get Dunkin' Donuts fries in Boston

Here's how you can get your hands on the tasty new treats.

MATT JUUL
matthew.juul@metro.us

Dunkin' Donuts fries are taking Boston by storm.

The Canton-based company has been quietly testing out a $2 snacking menu over the past few weeks, including a sweet take on everybody's favorite deep-fried side. While the doughnut fries are only available at a handful of locations, they've quickly become a viral sensation since a Reddit user posted about the new offerings, which also include items like Munchkin dippers, waffle-breaded chicken tenders, pretzel bites and gluten-free brownies.

Dunkin' Donuts fans can expect the fries to taste a bit like churros, featuring a soft and light dough that's fried and covered in sugar and cinnamon. The offering is surprisngly tasty and not overly sweet.

Since the snacking menu is still in the testing phase, unfortunately, there are only three locations around the Boston area where you can get your hands on the treats.

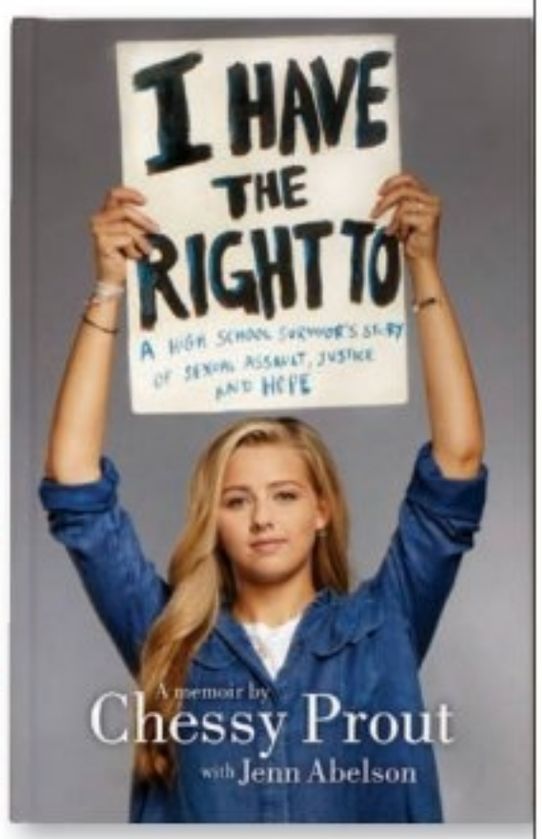
"As part of Dunkin' Donuts' ongoing commitment to menu innovation and meeting the needs of on-the-go guests, the brand is now testing a new $2 snacking menu at a small number of its restaurants in the Boston market," the company said in a statement. Fans can try the doughnut fries and more at Dunkin' Donuts stores on 265 Franklin St. in Boston's Financial District, 100 Harborside Drive at Logan Airport, as well as the concept restaurant on 588 Washington St. in Qunicy.

Dunkin' Donuts hopes to use feedback from customers and employees to decide whether or not a "national rollout" of the donut fries and other offerings is possible.

"The snacking menu features several new sweet and savory items that pair perfectly with Dunkin' Donuts' signature beverages and are ideal for an energizing afternoon break," the company said in a statement.

Judging by some reactions on social media, it sounds like Dunkin' Donuts fans have found their new guilty pleasure.

HOW TO TALK TO YOUR KIDS ABOUT CONSENT


I HAVE THE RIGHT TO
A HIGH SCHOOL SURVIVOR'S STORY OF SEXUAL ASSAULT, JUSTICE AND HOPE
A memoir by
Chessy Prout
with Jenn Abelson

Spotlight's **Sacha Pfeiffer** leads a conversation with **Chessy Prout**, author of *I Have the Right To: A High School Survivor's Story of Sexual Assault, Justice, and Hope.*

Also joined by: Spotlight reporter Jenn Abelson, writer/activist Jacyln Friedman, and educator Ben Atherton-Zeman

Tue Apr 10 | 6:30 PM | CIC Boston | 50 Milk Street

Be a part of this can't-miss discussion. Free to the public but you must register.

Globe.com/Consent

The Boston Globe

376,000
bostonians read
metro every week.

source: nielsen scarborough 2017 r2, integrated newspaper audience.

for the best in local news and entertainment coverage, read **metro** in print and online at **metro.us**

for advertising, contact **617.532.0120** or **adsboston@metro.us**, or visit **media.metro.us**

JOBS & EDUCATION

Workweek gone to the dogs? How bringing Fido to the office will fix it

The benefits of a pet-friendly office.

PAT KING
patrick.king@metro.us

That annoying beeping sound forcing you out of your tranquil dream state can only mean one thing. Your Monday morning alarm is sounding off to remind you that your work week has officially begun.

Heading into the office after an all-too-short, jam-packed weekend can have you scatter-brained. Your heart races (or drops in your chest) as you reach the elevator doors and you just remembered about half of the 9 million things that are due before lunchtime. You would probably rather be at home, hanging out with your dog, right?

And look at you being smarter than you give yourself credit for! Science proves that being in the company of an animal improves your chances of getting a job done effectively.

So if there's the chance of working from home, or an opportunity to get into a pet-friendly office (several WeWork shared office spaces offer this, as well as the kind of companies that have a free-beer-at-five-o-clock mentality — mainly start-ups, where your take-home might be less, and you'll have to consider the value of taking your pet instead), there are some amazing benefits to your psyche when there's a pooch at your feet.

Dogs help to relieve stress

When your in-box is overflowing or you find yourself trying to navigate through the hundreds of open tabs on your desktop, it's easy to feel isolated, even in a full, noisy office environment.

But as the National Center for Health Research (NCHR) reports, when you take your dog to work your brain intrinsically tells you that you've got a support system, and triggers the "love" and "you've got this" good feelings you'd otherwise not encounter until you got home.

A recent NCHR report could not say enough about how good it feels having a dog as your fluffy little cheerleader. "Findings suggest that the social support a pet provides can make a person feel more relaxed and decrease stress," the report says, adding "social support from friends and family can have similar benefits, but interpersonal relationships often cause stress as well, whereas pets may be less likely to cause stress. The social support provided by a pet might also encourage more social interac-

Local heavy civil construction company seeking a 1A MA Licensed

crane operator

with pile driving experience and OSHA 10 certification.

Please contact Jim Jamieson at 781-767-0090.

Job Fair

Do you have a passion for helping others?

Where?
North Suffolk Training Center,
37 Hawthorne St.,
Chelsea, MA. 02150,
April 30, 2018
from 9am—5pm

Come join one of New England's most respected and progressive human services organizations. For more than 50 years, North Suffolk Mental Health Association has provided great people like you the chance to work directly with people diagnosed with severe and persistent mental illness and developmental disabilities in a dynamic and community based setting.

We Are Looking For……..

Direct Support Professionals (DS Group Home), Residential Support Specialists (Direct Care, All shifts), Awake Overnight Counselors, Community Support Specialists (Outreach Workers), Housing Coordinators, Peer Specialists, Registered Nurses, Clinical Coordinators (LPHA required), and Addiction Specialists (LADC1 required)

NSMHA

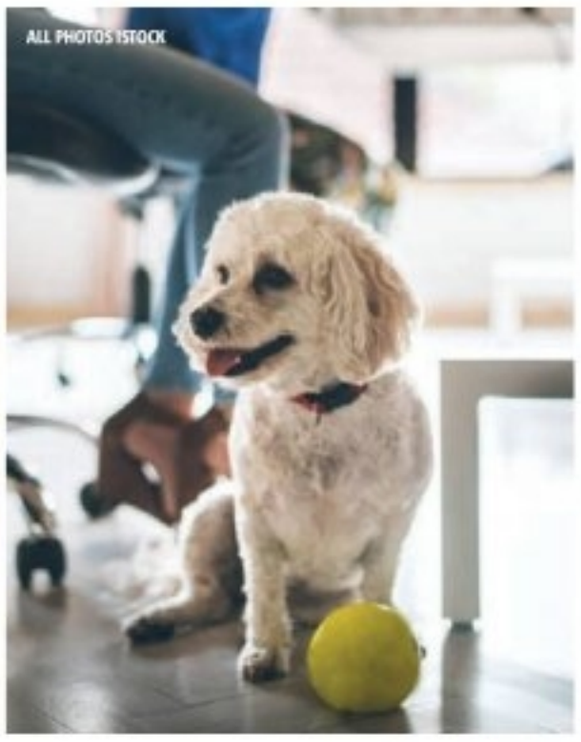
Speak a Second Language? Put it to work!
Become a Professional Interpreter or ESL Teacher!

- Medical Interpreter Training
- Legal & Court Interpreter Training
- Business & Community Interpreter Training
- TEFL Certificate Training

itp

7-week Certificate Programs in Boston for English, Arabic, Spanish, Portuguese, Russian, Chinese, Haitian Creole and more.

617-277-1990 • www.interpreterTrain.com



ALL PHOTOS ISTOCK

tions with people, reducing feelings of isolation or loneliness.

For example, walking with a dog has been found to increase social interaction, especially with strangers, compared to walking without a dog."

How many times have you been pet-less yourself but spotted Spot on the street and approached with googly eyes? The smile you then share with her/his owner is the kind of connection the doctors at the NCHR describe and is good for your brain and your pet's.

"Who wants to go for a walk? WALK?"

It's easy to get tunnel vision at a 9-to-5. By the time you peel your bloodshot eyes away from your computer screen, it's easy to realize you've skipped meals or haven't left your desk all day. Staring at a screen is bad for your eyes, and studies have linked long periods of sitting to heart and diabetes.

Taking a walk with your dog for 20 minutes every couple of hours will give you a chance to get your heart rate going and give your brain a break, too.

Plus, it will give you a chance to think about your tasks away from your office — or laptop — and come up with a well-thought-out strategy.

As more positive health and productivity results emerge, there's no doubt to be an increase in the number of companies that welcome their employees' four-legged family members.

Just make sure you've done your due diligence as a pet owner and trained your animal well so that interactions with your colleagues are on the up-and-up (and your pup doesn't poop under Janice from Accounting's desk).

JOB FAIR FOR PEOPLE WITH DISABILITIES

Thursday, April 12, 2018
10AM-3PM
Boston Marriott Copley Place Hotel
110 Huntington Avenue
Boston, MA 02116

Fortune 500 Companies &
Gov't Agencies are hiring!
Jobs in all career fields.

FREE ADMISSION

For more info or to Pre-register:
www.eop.com/expo
Business Attire & Bring Resumes
HOSTED BY
CAREERS & the disABLED
MAGAZINE

We are Hiring !

Do you have a passion for helping others?

Come join one of New England's most respected and progressive human services organizations. For more than 50 years, North Suffolk Mental Health Association has provided great people like you the chance to work directly with people diagnosed with severe and persistent mental illness and developmental disabilities in a dynamic and community based setting.

Clinical Coordinators (LPHA required) Full-time	Peer Specialist (Lived experience required) Full-time	Residential Support Specialists (Direct Care) Full-time
Addiction Specialist (LADC1 required) Full-time	Community Support Specialist Full-time	Awake Overnight Counselors (Direct Care) Full-time
Registered Nurse (Licensed RN required) Full-time	Housing Coordinator Full-time	Residential Relief (Direct care)

With multiple locations in Chelsea, Winthrop, Revere, East Boston, and Boston.

For a full list of openings visit us at www.northsuffolk.org

Interested Candidates should apply online or send in Cover Letters and Resumes to

Mail Resumes:
North Suffolk Mental Health Association Attn: HR Recruiter
301 Broadway, Chelsea, MA 02150
Fax Resumes: 617-912-7971 **Email Resumes:** gethired@northsuffolk.org
NSMHA is an Equal Opportunity Employer

NSMHA
North Suffolk Mental Health Association

C'S CAN STILL MAKE NOISE IN PLAYOFFS

OPINION

MATT BURKE

Matt Burke is the Executive Sports Editor and a columnist at Metro US. Follow him on Twitter @burke_metro

This Celtics season is legit cursed.

You may or may not believe in karma, but Danny Ainge blew up an Eastern Conference finalist last summer and traded away an absolutely beloved player in Isaiah Thomas. The two hired guns he brought in to lead the C's back to the promised land — Kyrie Irving and Gordon Hayward — are now both done for the season.

Look, the 2017-18 Celtics weren't winning the NBA title anyway — even if a healthy Irving still existed and an 85 percent Hayward returned at some point this spring. The elite teams out West — Golden State and Houston – are just on another level.

And it surely won't be as fun to watch the Celtics this postseason knowing that they have zero shot at winning it all. But, make no mistake — this postseason will still be fun.

Jayson Tatum and Jaylen Brown will be forced to grow up at an even more rapid pace, and if we've learned anything from watching those two this year it's that they already own the ability to go toe-to-toe with the big boys of the league. Those two absolutely will be able to steal playoff games this spring — even against dudes like LeBron and DeMar DeRozan.

Veteran Al Horford will be counted on to lead this group, and (yes) will be counted on to score more. Marcus Morris will have a chance to become an overachieving hero —much like Thomas did under Brad Stevens. Morris has shown in recent weeks that the Celtics can thrive when he's one of the go-to-guys on offense as Stevens has found a way to raise his game.

Who can the Celtics beat?

This Kyrie-less Celtics team just beat the No. 1-seeded Raptors a week ago Saturday. LeBron and the Cavs are still ripe for the picking despite recent success. The young 76ers could be the Celtics chief rival in the East for the next decade, and it would be fun for Boston's youngins to get a leg up on Philly's untested group.

Assuming this injury-riddled Celtics team can get by the Bucks or the Wizards or the Heat in the first round — we will be treated to an ultra-exciting second round against likely the Cavs or Sixers. Imagine the Celtics being able to force a Game 7 at the Garden against LeBron and the Cavs? By that point, the city will have fallen in love with these scrappy C's and the place will be an absolute madhouse.

So, who can they beat? Seriously — anyone in the East.

The issue, however, is that they could also lose to anyone. The C's lost to the Bucks (the current eight seed), 106-102, in Milwaukee on Tuesday. And it will be no slam dunk that Stevens and the crew will be able to solve Giannis Antetokounmpo, or the recently returned John Wall and the Wizards, or Goran Dragic and the Heat.

It will still be a blast to watch them try, though, as one thing this 2017-18 Celtics team — even without Irving and Hayward — has NOT been is boring.

They may be cursed, but they ain't boring.

Kyrie Irving will miss the entire 2018 NBA playoffs due to his knee injury. GETTY IMAGES

Resting Celtics get ripped by lowly Hawks

The Celtics are in rest mode ahead of the NBA playoffs, which start this coming weekend, and it certainly looked like they were snoozing in Sunday's matinee loss at the Garden to the lowly Hawks. Atlanta dumped the C's, 112-106, grabbing just its 24th win of the season.

Brad Stevens elected to play bench players Semi Ojeleye, Greg Monroe, Shane Larkin and Jabari Bird all over 20 minutes in the loss. Rookie Jayson Tatum, who played a team-high 29 minutes, led the Celtics in scoring with 19. Terry Rozier had 10 points and nine assists in the loss.

The Celtics were outscored by Atlanta 36-24 in the fourth quarter. The Hawks were paced by Taurean Prince, who pumped in 33 points.

The C's are now locked into the No. 2 seed in the Eastern Conference and it is most likely they will face the Miami Heat, Milwaukee Bucks or Washington Wizards in the first round.

They will play at Washington on Tuesday (8 p.m., TNT) before hosting Brooklyn in the season finale. MATT BURKE

Semi Ojeleye GETTY IMAGES

Saquon Barkley overrated NFL rumors: Look out Broncos, Browns

How important, really, is having a star running back for NFL success?

MATT BURKE
matthew.burke@metro.us

Even if Penn State's Saquan barkley is the most talented draft prospect, is he the most valuable? GETTY IMAGES

Toss the name Saquon Barkley in any search engine this week and you'll start reading that the Penn State product is a "generational talent," "a can't-miss prospect," and "by far the most talented player in the 2018 NFL Draft." But – heads up Browns, Jets, Giants and Broncos fans — could it be that Barkley is a tad, or even flat-out overrated?

Why, of course.

Despite all of today's advanced scouting and analytics, there still remains a great deal of risk when it comes to drafting any football player. Barkley could just as well be the next Trent Richardson (sorry Browns fans, but he is the standard for any RB bust article) as he could wind up being the next Ezekiel Elliott.

This time of year, there is always "the next big thing," but it doesn't always turn out that way. Richardson, picked third overall, was a certifiable bust. These other first-round draft picks had their moments in the NFL, but they never came close to the expectations they had in April of the respective years in which they were drafted: Ronnie Brown (2nd overall pick), Cadillac Williams (5th overall pick), Beanie Wells (31st overall pick) and Reggie Bush (2nd overall pick).

We took a look at the college stats from all of these players and compared them to the numbers Barkley put up with the Nittany Lions. Here are the numbers from each player's top collegiate season:

Trent Richardson, Alabama: *283 carries, 1,679 yards, 21 TDs, 29 receptions, 338 receiving yards, 3 receiving TDs*

Ronnie Brown, Auburn: *175 carries, 1,008 yards, 13 TDs, 9 receptions, 166 receiving yards, 1 receiving TDs*

Cadillac Williams, Auburn: *239 carries, 1,165 yards, 12 TDs, 21 receptions, 152 receiving yards, 1 receiving TDs*

Beanie Wells, Ohio State: *274 carries, 1,609 yards, 15 TDs, 5 receptions, 21 receiving yards, 0 receiving TDs*

Reggie Bush, USC: *200 carries, 1,740 yards, 37 receptions, 16 TDs, 478 receiving yards, 2 receiving TDs*

And here are the numbers from Barkley last season, his top overall season.

Saquon Barkley, Penn State: *217 carries, 1,271 yards, 18 TDs, 632 receiving yards, 3 receiving TDs*

Barkley's receiving yards numbers eclipse even those of Bush, who was thought of at the time as the greatest dual threat in college football history. That said, Bush had nearly 500 more rushing yards in his top season at USC. Richardson and Wells both also had substantially more success in the running game in college.

RBs in general are overrated

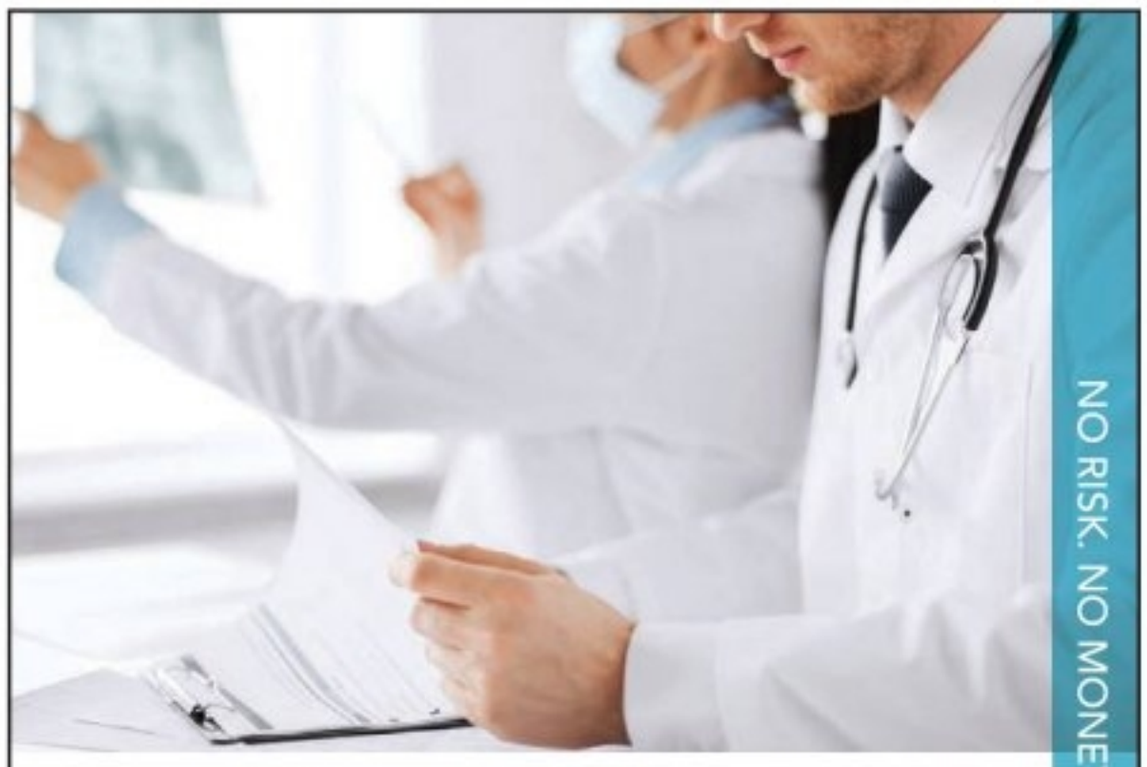
Adding to the doubt on Barkley is his long-term projection as a potentially elite NFL player. The website, SoCalledFantasyExperts.com ran a piece last year regarding the aging curve for NFL running backs. Here is what they had to say: "Running backs that come into the NFL at 22 are closer to their peak than any other position, and like tight ends make large leaps in improvement until they reach their peak – 24 and 25 (while 24 is the peak age for running backs, their age 25 season is nearly the same as far as performance).

"For a total of four seasons, the peak range of performance for running backs proves to be from a player's age 24 season to their age 27 season. Once they turn 28, running backs see their performance start to suffer."

For teams like the Browns this is very problematic considering that by the time the team is ready for playoff contention, Barkley's peak years may be behind him. For teams like the Giants, Jets and Broncos – teams that likely believe they could pull a Philadelphia Eagles this coming season – the recent history when it comes to having an elite back and winning a title is not very long. Here is the list of the past five Super Bowl champions with their top back from each season:

2018 Philadelphia Eagles: *LeGarrette Blount*, 2017 ***New England Patriots:*** *LeGarrette Blount*, 2016 ***Denver Broncos:*** *Ronnie Hillman*, 2015 ***New England Patriots:*** *Jonas Gray*, 2014 ***Seattle Seahawks:*** *Marshawn Lynch*

In other words, investing big money or a top draft pick in a running back is not even close to being a top priority when it comes to winning it all.


LUNG
CANCER?
If you or a loved one are suffering from lung Cancer and are over 60, you and your family may be entitled to a significant cash award.
CALL US NOW TO LEARN MORE.
DON'T DELAY; THERE ARE DEADLINES FOR FILING CLAIMS. WE'RE HERE 24/7.
855.405.1593
NO RISK. NO MONEY OUT OF POCKET.

Bogaerts and Price leading charge for Sox

The question now is, can the duo keep this up?

MATT BURKE
matthew.burke@metro.us

Xander Bogaerts is off to a fantastic start to the 2018 season. GETTY IMAGES

Xander Bogaerts and David Price have been the two most frustrating Red Sox players to watch over the past couple of years. Both loaded with talent, the two have been madly inconsistent.

In 2018, however, so far so good.

Heading into play Sunday against the Rays, the Sox owned the best record in baseball at 7-1. It's ridiculous early, but there's plenty to like about this particular Boston team — and leading the way are Bogaerts and Price.

Bogaerts bopped a grand slam onto Lansdowne Street and had six RBIs in the Sox' destruction of Tampa Bay on Saturday, as he upped his batting average to a team-best .371. He also leads the Sox so far in homers, with two, RBIs — with nine, OBP — with a .457 mark, and hits with 13.

"[Bogaerts] is a great athlete," Red Sox manager Alex Cora said. "If he puts himself, body-wise, in a good position, he's gonna keep doing what he did today. He's hunting strikes right now. One thing we're proud of too is he's playing defense [very well]. He's moving his feet. He's not out of control. He's got great balance. For him to play under control at shortstop, that's great to see."

Of course, Bogaerts is notorious for fast starts, only to fall off a cliff later in the season. In April of last year, he was working with a .315 batting average. In May, he hit .351.

But in June, he hit just .277. Things completely went off the rails for Bogaerts in June, when he hit just .163.

What appears to already be different about this season, however, is that Bogaerts is hitting for power early. He had zero dingers in April last year, and just five RBIs. He has already eclipsed those ugly numbers just 10 days into this April.

0.71

Red Sox hurler David Price has a WHIP (walks and hits per innings pitched) of 0.71 so far this season and a 0.00 ERA. Price's WHIP is the sixth best mark in baseball so far.

Equally as impressive as Bogaerts so far this season has been is Price, who has not given up a single run in 14 innings pitched (two starts). On Opening Day against Tampa Bay, he allowed just four hits while striking out five and a week later against the same team he gave up only three hits while K-ing five again.

Price is another one who often gets off to strong starts as he had strong outings in his first two starts of 2017 and he looked decent enough in his first start as a Red Sox two years ago — giving up just two earned runs.

The Sox lefty will get a true test on Tuesday night at Fenway when the Sox will have to deal with the Yankees and their lineup featuring Giancarlo Stanton and Aaron Judge.

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Bostonclassifieds@metro.us

LEGAL NOTICES

PS ORANGECO, INC.

NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 4/24/2018 at PS ORANGECO, Inc., 20 East St., Westwood, MA 02090.

The personal goods stored therein by the below named occupant (s):

Unit	1019	Davis, Marino	Boxes, Bags, Totes, Misc.
Unit	1041	Dunivin, Mark	Boxes, Bags, Totes, Misc.
Unit	1062	Kurkjian, Kenneth	Boxes, Bags, Totes, Misc.
Unit	1131	Dunivin, Donna	Boxes, Bags, Totes, Misc.
Unit	2050	Fourth Wheel Coffee	Boxes, Bags, Totes, Misc.
Unit	2066	Williams, Robert	Boxes, Bags, Totes, Misc.
Unit	2099	Lasley, Darron	Boxes, Bags, Totes, Misc.
Unit	2193	Calixte, Ogliw	Boxes, Bags, Totes, Misc.
Unit	2216	Stallings, Rhonda	Boxes, Bags, Totes, Misc.
Unit	2224	Samuel, Erica	Boxes, Bags, Totes, Misc.
Unit	3005	Pavilonis, Marybeth	Boxes, Bags, Totes, Misc.
Unit	3057	Etienne, Kervin	Boxes, Bags, Totes, Misc.
Unit	3059	Crowley Jr., Robert	Boxes, Bags, Totes, Misc.
Unit	3099	Snyder, Richard	Boxes, Bags, Totes, Misc.
Unit	3105	Pimentel, Ivan	Boxes, Bags, Totes, Misc.
Unit	3125	Aguasvivas, Waldo	Boxes, Bags, Totes, Misc.
Unit	3130	Hill, Michael	Boxes, Bags, Totes, Misc.
Unit	3161	Snyder, Richard	Boxes, Bags, Totes, Misc.
Unit	3201	Declements, Frank	Boxes, Bags, Totes, Misc.
Unit	3267	Barthelemy, Karine	Boxes, Bags, Totes, Misc.
Unit	3273	Moreland, Kyle	Boxes, Bags, Totes, Misc.

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel public lien sale without further notice. Kerrilyn Ross, agent for owners.

PS ORANGECO, INC.

NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 04/24/18 at PS ORANGECO, Inc., 327 Mystic Ave Medford, MA 02155.

The personal goods stored therein by the below named occupant (s):

Unit	1042	Martin, Evan	Boxes, Bags, Totes, Misc.
Unit	1049	Rejouis, Jean	Boxes, Bags, Totes, Misc.
Unit	1059	Hotel Liquidation NE	Boxes, Bags, Totes, Misc.
Unit	1079	King, Lancelot	Boxes, Bags, Totes, Misc.
Unit	1091	Camps, Celio	Boxes, Bags, Totes, Misc.
Unit	1100	Gross, Spangler	Boxes, Bags, Totes, Misc.
Unit	2047	Noll, William	Boxes, Bags, Totes, Misc.
Unit	2078	Guerra, Bruna	Boxes, Bags, Totes, Misc.
Unit	2102	Magaletta, Vicky	Boxes, Bags, Totes, Misc.
Unit	2141	Marx, Casey	Boxes, Bags, Totes, Misc.
Unit	2229	Lafata, Lorraine	Boxes, Bags, Totes, Misc.
Unit	3019	Caruso, Robert	Boxes, Bags, Totes, Misc.
Unit	3047	Potter, John	Boxes, Bags, Totes, Misc.
Unit	3100	Clarke, John	Boxes, Bags, Totes, Misc.
Unit	3129	Xavier, Fritz	Boxes, Bags, Totes, Misc.
Unit	3132	Lingley, Andrea	Boxes, Bags, Totes, Misc.
Unit	3192	Diabate, Anita	Boxes, Bags, Totes, Misc.
Unit	3215	Dacosta, Izabella	Boxes, Bags, Totes, Misc.
Unit	3281	Clarke, Elizabeth	Boxes, Bags, Totes, Misc.

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel lien sale without further notice. De'Von Ritter, agent for owners.

PS ORANGECO, INC.

NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 04/24/18 at PS ORANGECO, Inc., 50 Middlesex Avenue, Somerville, MA 02145.

The personal goods stored therein by the below named occupant (s):

Unit	2002	Porter, Douglas	Boxes, Bags, Totes, Misc
Unit	2051	Ramos, Edwin	Boxes, Bags, Totes, Misc
Unit	2079	Zheng, Zhilun	Boxes, Bags, Totes, Misc
Unit	2100	Griffin, Susan	Boxes, Bags, Totes, Misc
Unit	2199	Kayulu, Natasha	Boxes, Bags, Totes, Misc
Unit	3016	Delgado, Beatriz	Boxes, Bags, Totes, Misc
Unit	4022	Iacozza, Joseph	Boxes, Bags, Totes, Misc
Unit	5063	Mejias, Zamara	Boxes, Bags, Totes, Misc
Unit	5077	Holt, Michael	Boxes, Bags, Totes, Misc
Unit	5091	Kalesnik, Gregory	Boxes, Bags, Totes, Misc
Unit	5101	Cruz, David	Boxes, Bags, Totes, Misc
Unit	5137	Morse, James	Boxes, Bags, Totes, Misc
Unit	5194	Noll, William	Boxes, Bags, Totes, Misc
Unit	6085	Analetto, Donna	Boxes, Bags, Totes, Misc
Unit	6099	Moorehead, Gary	Boxes, Bags, Totes, Misc
Unit	2139	Wright, Michael	Boxes, Bags, Totes, Misc

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel lien sale without further notice. De'Von Ritter, agent for owners.

MEDICAL RESEARCH

To advertise call Stephanie Frank at 617-338-6731 or email stephanie.frank@metro.us

Participate in a Study on Menopause and Sleep

The Women's Hormones and Aging Research Program at Brigham and Women's Hospital is recruiting subjects for an insomnia study.

- Women 40-65
- Currently experiencing hot flashes & sleep difficulty
- Willing to take 1 pill daily for 4 weeks

Come in for 4 visits. Compensation up to $275.

Interested? 617-525-6459; DORAtrial@bwh.harvard

BRIGHAM HEALTH
BRIGHAM AND WOMEN'S HOSPITAL

Ever had a problem with alcohol?

MGH 1811

Share your experience by participating in a research study at the Massachusetts General Hospital on recovery from alcohol problems.

Receive up to $158!

You may be eligible if you:

- Are over the age of 18
- Resolved an alcohol problem 1-5 years ago

(617) 643-9850 • LTR@Partners.org

ITEMS WANTED

Top $$ Paid For Guitars

We buy ALL Musical Inst.
Guitars, Saxes, etc.
Cash on the spot!
617-594-3255

CASH FOR RECORDS WANTED

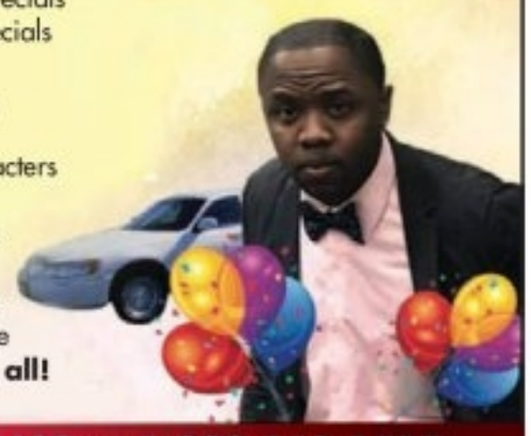
33Lps & 45s
George
617-633-2682
Cash for Records

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

SERVICES

Entertainment One Stop Shop LLC

- Uplighting Specials
- Photo Booth Specials
- Hall Rental Specials
- DJ Services
- Event Planning
- Décor Rentals
- Costume Characters
- Face Painter
- Balloons Décor
- Weddings
- Bounce Houses and Much more



We provide it all!
Call Now!
617-438-3629 or 1-800-542-1417
Entertainmentonestopshop@gmail.com
www.entertainmentonestopshop.com

JOBS

General Help Wanted

Senior Software Engineer Needed

DUTIES: Design, test, develop, and implement source code to meet Identity Access Management needs of demanding client organizations. REQUIREMENTS: BS in Computer Science, Electrical Engineering, or related field + 2 years exp in Java and 1 year exp in ForgeRock, J2EE, JUnit, JPA, MySQL, H2, Oracle, commercial software development, object oriented programming, Spring Framework, database installation, administration, performance tuning, and front-end development. For a full description & reqs & to apply go to http://www.authright.com/senior_software_engineer/ or send resumes to Authright Inc. 888 Washington St. Ste 301, Dedham MA 02026.

LEGAL & PROFESSIONAL SERVICES

To advertise call Herman Miles at 617-532-0105 or email herman.miles@metro.us

WORKER'S COMPENSATION

Representing injured workers for more than 40 years
Attorney Robert F. Gabriele

Tel: 617-357-9400
Fax: 617-695-0340
rfgpc@aol.com

164 Canal Street, Suite 501, Boston, MA 02114

Practice limited to Worker's Compensation
No Fees except on Settlement

OFFICE OF ALBERT E. GRADY

ATTORNEYS-AT-LAW

Representing the Public for Four Decades
INJURIES FROM ACCIDENTS

Contingent Fees on Injury Cases
Straight Fees for Divorce, Criminal and Business Matters

508-583-8562 *No Charge for Call

226 Montello Street, Brockton, MA 02301
185 Devonshire St, #302, Boston, MA 02110

aeglaw@aol.com • www.gradylawoffice.com

COOKS

PREP, GRILL, DELI & DISHWASHERS
Earn up to $16/hr
Apply Today Start Tomorrow
EVENT TEMPS
189 Green st.
Jamaica Plain
Orange Line Green st.
We take applications
M, W-F 7am-1pm
Bring Picture ID & SS

PSYCHICS

SHEIKH MANSOUR

INTERNATIONAL SPIRITUAL HEALER WITH BORN GIFTED POWER AND EXPERIENCE

Super natural gifted man who helps both internal & external matters in marriage, love, court, business, luck, gambling, protection, returning love one back.

EXPERT IN ALL OCCULTIST HUMAN PROBLEMS.
ONLY ONE VISIT WILL LEAD YOU TO THE RIGHT PATH!
CALL NOW FOR JOY!
RESULTS IN A FEW DAYS
Call 347-261-0226

REAL ESTATE

Homes as low as $109,900

FLORIDA HOMES
CALL FOR FREE TRIP!

American Realty Associates, Inc. DBA Galbo Realty
Robert F Galbo, Broker
352-585-1088 | RFG1951@hotmail.com
www.galborealty.com
Offices: Weeki Wachee, Tampa, Sarasota, Florida

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

Do you have a legal notice that you need to publish?

Metro Boston is a newspaper of record with the Suffolk Probate and Land Court!

Publishing your notices with Metro Boston can save you money!

Do you need to publish a notice for:

- Mortgage Sale of Real Estate
- Public Notice
- COB Liquor License
- Licensing
- Notice of Public Hearing
- Divorces
- Care and Protection of Parental Rights
- Notice of Sale of personal Property
- Transportation
- Order of Notice

Contact Metro Boston today and find out how we can help while saving your firm money!

Herman Miles: 617-532-0105
herman.miles@metro.us

PS ORANGECO, INC.
NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 4/24/2018 at PS ORANGECO, Inc., 800 River St., Hyde Park, MA 02136.
The personal goods stored therein by the below named occupant (s):

Unit	A011	Hines, Richard	Boxes, Bags, Totes, Misc.
Unit	A013	Allen, Monique	Boxes, Bags, Totes, Misc.
Unit	A018	Lewis, Stafford	Boxes, Bags, Totes, Misc.
Unit	A032	Estwick, Norma	Boxes, Bags, Totes, Misc.
Unit	A040	Anderson, Kemar	Boxes, Bags, Totes, Misc.
Unit	A049	Ennis, Demetrius	Boxes, Bags, Totes, Misc.
Unit	A055	McNeil, Icilda	Boxes, Bags, Totes, Misc.
Unit	A064	Brooks, Ellen	Boxes, Bags, Totes, Misc.
Unit	A085	Straw, Karen	Boxes, Bags, Totes, Misc.
Unit	A427	williams, leshaah	Boxes, Bags, Totes, Misc.
Unit	B132	Heughan, Estelle	Boxes, Bags, Totes, Misc.
Unit	B133	Bordley, Kimberly	Boxes, Bags, Totes, Misc.
Unit	B149	Laurent, Linda	Boxes, Bags, Totes, Misc.
Unit	B151	McNeil, Icilda	Boxes, Bags, Totes, Misc.
Unit	B152	Johnson, Crystal	Boxes, Bags, Totes, Misc.
Unit	B156	Simon, Laventure	Boxes, Bags, Totes, Misc.
Unit	B169	Fleury, Marlene	Boxes, Bags, Totes, Misc.
Unit	B172	Jhurilal, Patricia	Boxes, Bags, Totes, Misc.
Unit	B196	Beasley, Maxcine	Boxes, Bags, Totes, Misc.
Unit	B202	GUITY, GUILLERMINA	Boxes, Bags, Totes, Misc.
Unit	B219	Guillaume, Marie Mercedes	Boxes, Bags, Totes, Misc.
Unit	B243	Francois, Garry	Boxes, Bags, Totes, Misc.
Unit	C256	Wilson, Jennifer	Boxes, Bags, Totes, Misc.
Unit	C258	Lefevre, Virginie	Boxes, Bags, Totes, Misc.
Unit	C275	Williams, Wendy	Boxes, Bags, Totes, Misc.
Unit	C278	BROWNE, KENNETH L.	Boxes, Bags, Totes, Misc.
Unit	C282	Remy, Philippe	Boxes, Bags, Totes, Misc.
Unit	C284	Conely, Renessa	Boxes, Bags, Totes, Misc.
Unit	C292	Philogene, Inrick	Boxes, Bags, Totes, Misc.
Unit	C300	Browning, Tanji	Boxes, Bags, Totes, Misc.
Unit	C315	Martin, Nicole	Boxes, Bags, Totes, Misc.
Unit	C339	HAMPTON, LADONNA	Boxes, Bags, Totes, Misc.
Unit	C353	Harris, David	Boxes, Bags, Totes, Misc.
Unit	C354	Francis, Maureena	Boxes, Bags, Totes, Misc.
Unit	C359	Campbell, Rose	Boxes, Bags, Totes, Misc.
Unit	C373	Pascal, Kester	Boxes, Bags, Totes, Misc.
Unit	C375	Samuel jr, Robert	Boxes, Bags, Totes, Misc.
Unit	C386	Chandler, Dallas	Boxes, Bags, Totes, Misc.
Unit	C409	Bland, Marquise	Boxes, Bags, Totes, Misc.

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel public lien sale without further notice. Kerrilyn Ross, agent for owners.

PS ORANGECO, INC.
NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 04/24/18 at PS ORANGECO, Inc., 290 Southampton St. Boston, MA 02118.
The personal goods stored therein by the below named occupant (s):

Unit	1002	Bertino, Frederick	Boxes, Bags, Tote, Misc
Unit	2003	Santa, Ovidio	Boxes, Bags, Tote, Misc
Unit	2007	McCarthy, Jean	Boxes, Bags, Tote, Misc
Unit	2015	Newman, Barbara	Boxes, Bags, Tote, Misc
Unit	2033	Thomas, Shanice	Boxes, Bags, Tote, Misc
Unit	2058	Tshitenge, Estelle	Boxes, Bags, Tote, Misc
Unit	2088	Shelton, Danielle	Boxes, Bags, Tote, Misc
Unit	3044	Davis, Denise	Boxes, Bags, Tote, Misc
Unit	3095	Green, Marlon	Boxes, Bags, Tote, Misc
Unit	3108	Lassiter, Jeffrey	Boxes, Bags, Tote, Misc
Unit	4029	Heywood, Lawrence	Boxes, Bags, Tote, Misc
Unit	4031	Mccalaster, Latonia	Boxes, Bags, Tote, Misc
Unit	4071	Gilmere, Sonia	Boxes, Bags, Tote, Misc
Unit	4083	Scott, Shavonn	Boxes, Bags, Tote, Misc
Unit	4088	Lopes, Jessica	Boxes, Bags, Tote, Misc
Unit	5001	Jones, Kanisha	Boxes, Bags, Tote, Misc
Unit	5006	Long, David	Boxes, Bags, Tote, Misc
Unit	5033	Matos Carrasquillo, Wilmier	Boxes, Bags, Tote, Misc
Unit	5059	Porter, Geno	Boxes, Bags, Tote, Misc
Unit	5086	Barranco, Jeffrey	Boxes, Bags, Tote, Misc
Unit	5136	Vanderhoop, Pamela	Boxes, Bags, Tote, Misc
Unit	6059	Branch, Anastasia	Boxes, Bags, Tote, Misc
Unit	6070	Fuentes, Evelyn	Boxes, Bags, Tote, Misc
Unit	6081	Battles, Ericka	Boxes, Bags, Tote, Misc
Unit	6129	Viernes, Rich	Boxes, Bags, Tote, Misc

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel lien sale without further notice. De'Von Ritter, agent for owners.

PS ORANGECO, INC.
NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 04/24/18 at PS ORANGECO, Inc., 260 Lexington St. Waltham, MA 02452.

The personal goods stored therein by the below named occupant (s):

Unit	1005	James, Kevin	Boxes, Bags, Totes, Misc.
Unit	1150	Poirier, Linda	Boxes, Bags, Totes, Misc.
Unit	2055	Williams, Julius	Boxes, Bags, Totes, Misc.
Unit	2062	Loh, Anthony	Boxes, Bags, Totes, Misc.
Unit	2182	Adler, Max	Boxes, Bags, Totes, Misc.
Unit	2185	Blout, Jim	Boxes, Bags, Totes, Misc.
Unit	3081	Coen, Peter	Boxes, Bags, Totes, Misc.

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel lien sale without further notice. De'Von Ritter, agent for owners.

PS ORANGECO, INC.
NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 04/24/18 at PS ORANGECO, Inc., 945 Moody St Waltham, MA 02453.
The personal goods stored therein by the below named occupant (s):

Unit	2101	Febrillet, Muriel	Boxes, Bags, Totes, Misc
Unit	2138	Li, Yuxin	Boxes, Bags, Totes, Misc
Unit	2173	Mc Birney, Joshua	Boxes, Bags, Totes, Misc
Unit	3016	Nigro, Wayne	Boxes, Bags, Totes, Misc
Unit	3037	Falvey, Katey	Boxes, Bags, Totes, Misc
Unit	3038	Kikomeko, Margaret	Boxes, Bags, Totes, Misc
Unit	3047	Bowser, Luisa	Boxes, Bags, Totes, Misc
Unit	3190	Kim, Daniel	Boxes, Bags, Totes, Misc
Unit	3281	James, Grandville	Boxes, Bags, Totes, Misc
Unit	4030	Engrassia, Noreen E.	Boxes, Bags, Totes, Misc
Unit	4132	Green, Christopher	Boxes, Bags, Totes, Misc
Unit	4246	Brandt, David	Boxes, Bags, Totes, Misc
Unit	4303	Levis, John	Boxes, Bags, Totes, Misc

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel lien sale without further notice. De'Von Ritter, agent for owners.

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Robert L. Brunelli to Washington Mutual Bank, FA, dated July 22, 2002 and recorded with the Suffolk County Registry of Deeds at Book 28985, Page 268, as affected by a Loan Modification recorded in said Registry of Deeds at Book 52876, Page 145, and as further affected by a Loan Modification recorded in said Registry of Deeds at Book 56813, Page 195 subsequently assigned to JPMorgan Chase Bank, National Association by Federal Deposit Insurance Corporation, as Receiver of Washington Mutual Bank F/K/A Washington Mutual Bank, FA by assignment recorded in said Suffolk County Registry of Deeds at Book 51191, Page 140 and subsequently assigned to Federal National Mortgage Association by JPMorgan Chase Bank, National Association by assignment recorded in said Suffolk County Registry of Deeds at Book 55273, Page 317; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on April 30, 2018 at 25 Custer Street, Unit 6 aka Unit 25-6, Boston (Jamaica Plain), MA, all and singular the premises described in said Mortgage,

TO WIT:
Unit 25-6 in the Custer Estate Condominium, located at 25 Custer Street, Jamaica Plain District of Boston, Suffolk County, MA, being subject to and created pursuant to the provisions of Chapter 183A of the General Laws of Massachusetts by Master Deed recorded with Suffolk Deeds Book 12133, Page 202, on December 18, 1985. The Unit is shown on plans recorded with said Master Deed and on a portion of said plans recorded with Suffolk Deeds, Book 12772, Page 315. Said Unit is conveyed together with an undivided 2.2 percent interest in the common areas and facilities of said Condominium and is to be used for residential purposes only. For Mortgagor's Title see deed recorded at Suffolk County Registry of Deeds in Book 19806, Page 126.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:
A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS ($5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

Federal National Mortgage
Association (Fannie Mae)
Present Holder of said Mortgage,
By Its Attorneys, ORLANS PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
17-007517

April 9, 2018, April 16, 2018 and
April 23, 2018

PS ORANGECO, INC.
NOTICE OF PUBLIC LIEN SALE

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC LIEN SALE BY COMPETITIVE BIDDING at 9:00 am on 04/24/18 at PS ORANGECO, Inc., 156 Lincoln Street Brighton, MA 02135.
The personal goods stored therein by the below named occupant (s):

Unit	1003	Pierre, Jamal	Boxes Bags Tote Misc.
Unit	1037	Stout, Sharon	Boxes Bags Tote Misc.
Unit	1062	Graham, Brady	Boxes Bags Tote Misc.
Unit	2006	Prather, Larry	Boxes Bags Tote Misc.
Unit	2033	Murphy, Christian	Boxes Bags Tote Misc.
Unit	2114	Woo, Rose	Boxes Bags Tote Misc.
Unit	2173	Staton, Sonya	Boxes Bags Tote Misc.
Unit	2209	Horan, Sean	Boxes Bags Tote Misc.
Unit	3070	Alexander, Khari	Boxes Bags Tote Misc.
Unit	3124	Perez, Luis	Boxes Bags Tote Misc.
Unit	3163	Johnson, Willie	Boxes Bags Tote Misc.
Unit	3213	Aponte-Rivera, Anamarie	Boxes Bags Tote Misc.
Unit	3224	Park, Stevie	Boxes Bags Tote Misc.
Unit	3236	Park, Stevie	Boxes Bags Tote Misc.
Unit	3282	Kokkinides, Stefanos	Boxes Bags Tote Misc.
Unit	4029	Bermudas, Jibriallah	Boxes Bags Tote Misc.
Unit	4165	Malihi, Mohammad	Boxes Bags Tote Misc.
Unit	4267	Edomwonyi, Gillian	Boxes Bags Tote Misc.
Unit	4294	Khobragade, Ashwin	Boxes Bags Tote Misc.
Unit	1089	Metrano, Robin	Boxes Bags Tote Misc.
Unit	3213	Aponte-Rivera, Anamarie	

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel lien sale without further notice. De'Von Ritter, agent for owners.

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

metro CLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

ENTERTAINMENT

www.metro.us

GAMES

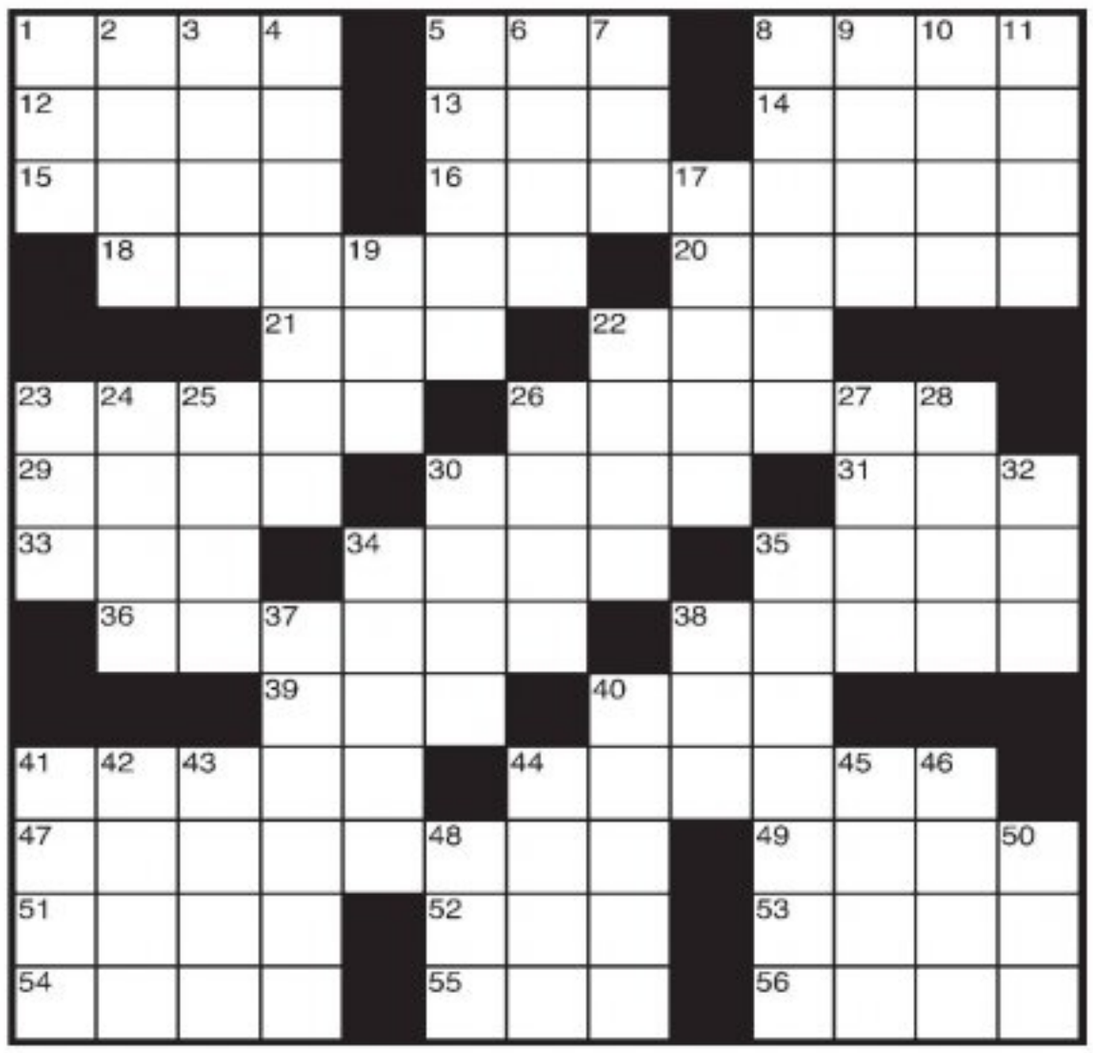
metro.us/crossword

ACROSS

1 100 centavos
5 Drake's title
8 Nowhere near
12 Civil rights org.
13 Dazzle
14 Bouquet holder
15 Huh?
16 Pike descriptor
18 Barn fledglings
20 Regions
21 Big flap
22 Boise hrs.
23 Turns the soil
26 Holmes sidekick
29 CD- –
30 Atlantic catches
31 Martini base
33 Dog days, in Dijon
34 "Cool Hand –"
35 Carson's successor
36 Skulks
38 Joyous outburst
39 Mimic
40 Whir
41 Tight-knit team
44 Cream cheese partners
47 Stealthy ones
49 Lack
51 Zhivago's beloved
52 Consume
53 Purple potato
54 Charon's river
55 Drain unclogger
56 Went fast

DOWN

1 Rabbit's foot
2 Cave sound effect
3 Burger side
4 Stagecoach robbers
5 Dealt with (2 wds.)
6 – – framed!
7 Aunt or bro.
8 Prevents
9 Dunaway of films
10 Riding the waves
11 Fire-engine and ruby
17 Survives
19 MS polishers
22 Fashioned
23 Opposite of post-
24 Oodles
25 Portent
26 Stir-fry pans
27 Kind of molding
28 1492 vessel
30 Salad veggie
32 Persona – grata
34 Carnation station
35 Bewails
37 Canal blocker?
38 Nose type
40 Waste maker
41 Some NCOs
42 Trapped like – –
43 Boat with oars
44 Laugh loudly
45 Frog step
46 Bone-dry
48 Sushi fish
50 Pentagon grp.



metro.us/sudoku

easy

5		6			9			7
	4					6		
1					6		8	
3	9		1				5	
6			5		3			9
	1				8		7	3
	7		4					8
		3					9	
8			6			1		2

hard

		5			3	7		6
7			5			3	9	
3			7	9	6			
		9		7			5	
				1				
	4			6		8		
			8	5	1			3
	7	3			2			1
1		8	6			4		

metro.us/horoscopes

Aries Add extra detail to whatever job you are working on to receive recognition you deserve. Don't let anyone pressure you into putting their responsibilities before yours.

Taurus Discuss the way you feel. Whether dealing with a business or personal partner, getting your thoughts out in the open will result in a positive change.

Gemini Look at all sides of an issue before you offer your services. It's best not to let your social and business dealings coincide. Make personal changes in secret.

Cancer Make a point to explain your whereabouts, plans or intentions to anyone who will be affected by what you do. Respect partnerships and honor your promises.

Leo You may feel like you need to take a trip or do business in person, but you'll probably save money and accomplish just as much if you use technology for the purpose.

Virgo You'll face a roadblock when it comes to handling financial affairs or other people's problems. Remain calm, listen to what's being said and make choices based on reason.

Libra Communication will lead to disagreements. You are best off keeping your true feelings to yourself if someone is angry. Consider the best way to handle unreasonable demands.

Scorpio Dealing with youngsters, relatives or someone from your past will be emotionally difficult if you are secretive about your feelings.

Sagittarius Someone you work or live with will frustrate you. Don't let anger set in when positive encouragement is what's required. Patience, and love will bring the best results.

Capricorn Taking care of someone else's affairs can be daunting, but you will end up benefiting if you do. Step up and do your part to help a friend or relative.

Aquarius Look over financial papers, medical records or work matters carefully. You stand to benefit if you make a couple of changes to the way you handle such affairs.

Pisces Your kindness and consideration will be taken advantage of by someone who recognizes your value and lack of confidence. Market your skills on your own. EUGENIA LAST

Yesterday's answers

■	Z	I	L	L	S	■	■	C	R	A	C	K	■	■
P	A	N	O	U	T	■	M	A	I	T	A	I	■	■
E	N	T	I	R	E	■	I	N	V	E	R	T	■	■
G	E	O	D	E	■	T	A	T	A	■	■	■	■	■
■	■	■	S	E	E	M	■	L	A	W	N	■	■	■
■	H	I	D	■	P	A	I	D	■	R	I	O	■	■
V	I	C	U	N	A	■	■	O	P	E	N	S	■	■
A	L	I	B	I	■	■	T	W	I	N	G	E	■	■
I	L	E	■	B	R	E	W	■	G	A	S	■	■	■
L	Y	R	E	■	U	H	O	H	■	■	■	■	■	■
■	■	■	D	A	B	S	■	E	L	O	P	E	■	■
R	E	F	I	L	L	■	M	A	U	V	E	S	■	■
O	R	A	C	L	E	■	O	T	T	E	R	S	■	■
B	A	T	T	Y	■	■	T	H	E	R	E	■	■	■

Can't wait until tomorrow to check your answers? Visit **metro.us**

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro Boston** 101 Arch Street, Floor 8, Boston MA 02110 • **main** 617-210-7905 • **to advertise** 617-210-7905 • **Press releases** pressrelease@metro.us • **Associate Publisher/Executive Sales Director** Brian Cox, brian.cox@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **email sales** adsboston@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing Editor** Morgan Rousseau, morgan@metro.us • **Site Director** Linnea Zielinski, linnea.zielinski@metro.us • **Night Editor** Jason Nuckolls, jason.nuckolls@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Matt Burke, matthew.burke@metro.us **Features Editor** Joshua Crouthamel, Joshua.Crouthamel@metro.us • **Entertainment/TV Editor** Matthew Juul, matthew.juul@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **Head of Production** Matt Prowell, matt.prowell@metro.us

Alliance for Audited Media

WELCOME GIC EMPLOYEES AND RETIREES

For 30 years, the UniCare State Indemnity Plan has focused exclusively on covering Group Insurance Commission (GIC) members. Today, we serve the health plan needs of more than 183,000 GIC members from our Member Services center in Andover, Massachusetts.

Join other GIC members and sign up for the UniCare State Indemnity Plan. Come talk to us at a GIC health fair.

UNICARE®

An Anthem Company

Claims are administered by UniCare Life & Health Insurance Company
105955MAMENUNC 03/18

Commonwealth of Massachusetts
Group Insurance Commission